A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

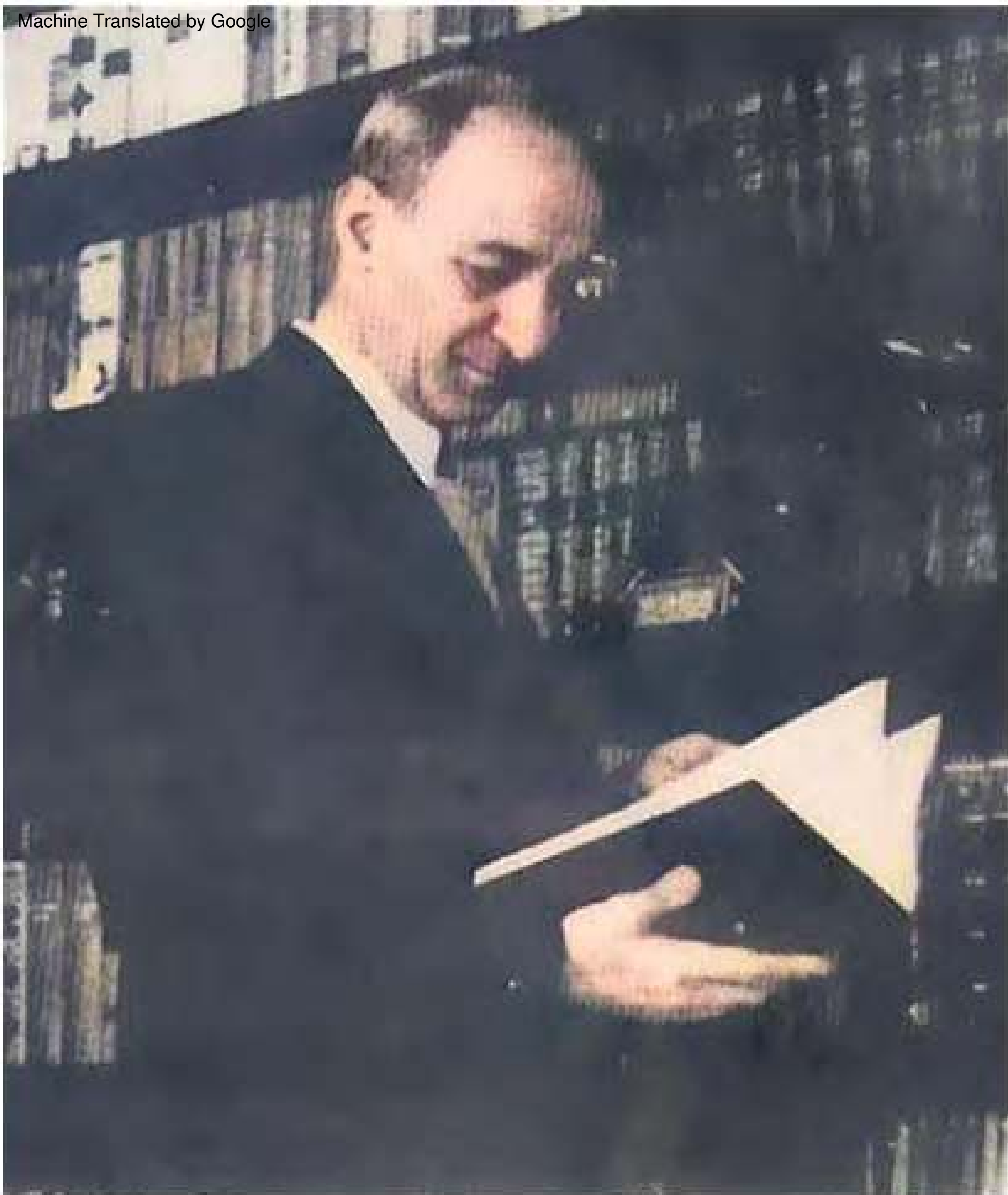
The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemichals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran



Arshavir Ter Hovannessian, di pɔsin we rayt dis buk, we bin de day ɔnda di prɛshɔn fɔ difrɛn sik dɛn 19 ia bifo, naw i dɔn sev am kpatakpata frɔm ɔl in trɔbul dɛn bay raw-veganism, ɛn we i ol 75 ia, i gɛt wɛlbɔdi kɔmplit wan wit di trɛnk we yɔŋ man gɛt. In ɛvride aktiviti na fɔ sho pipul dɛm se ɔl di sik ɛn ɔda misɛf dɛm na dis wɔl na bikɔs dɛn de it it we dɛn kuk (kil) ɛn kemikal drɔgs ɛn ɔda tin dɛm we dɔn day.

ARSHAVIR TƐR-HOVANNƐSIN (ATERHOV) .

WE YU DE IT RAW

Nyu Wɔl we Nɔ Gɛt Sik, Vays ɛn Pɔyzin

Ɔda ɛn Spread RAW-EATING

DI PROPAGATION OF RAW-EATING NA DI NOBLEST ƐN
DI WƆK DƐN WE MƆTALMAN DE WƆK NA DIS WƆL

Vɛshɔn: Inglish 3rd edishɔn rivays + Persian th edish4.4ɔn (1976) &
Pashya buklet we gɛt di taytul as “Cooked eating, a deadly addiction” (1980)
we dɛn translet insay Inglish

Di tin dɛn we de insay

Aw Dɛn Bɔn Sik

PAT TU

PAT TRI

PREFACE to 2nd EDISHƆN

Di fɔs pat pan di buk we de naw, dɛn bin pul am insay 1963 ɔnda di taytul RAW-EATING. Insay da smɔl volyum de, we bin gɛt shɔt sɔmari bɔt di tin dɛn we a bin de tink bɔt aw fɔ it tin dɛn fɔ it, a bin dɔn tɔch ɔlmost ɔl di impɔtant tin dɛn we pɔsin kin it wit raw. Jɛnɛral wan, nid nɔ de fɔ ɛnta insay lɔng-wind ditil dɛn fɔ mek dɛn deklare to di wɔl di simpul trut se di opareshɔn dɛn fɔ kuk ɛn rifin, we dɛn de yuz fɔ mek di natura l nyutrimɛnt dɛn pwɛl to tin dɛn we nɔto natura, nɔto jɔs ɔpreshɔn dɛn we de ambɔg we brok di lɔ dɛn we Gɔd mek, bɔt na dɛn de mek ɔl sik. Di pɔsin we nɔ no natin kin no klia wan se, instead fɔ fri pipul dɛn frɔm sik dɛn, di mɛrɛsin sayɛns we de bays pan it dɛn we dɛn kuk ɛn pɔyzin drɔgs de mek mɔtalman gɛt bɔku bɔku siriɔs sik dɛn, we ɔl ɔda tin dɛn we gɛt layf nɔ ebul fɔ gɛt.

Afta we i rid jɔs sɔm layn dɛn bɔt di tɔpik, di pɔsin we de si klia wan kin wek frɔm in taya we i nɔ bisin bɔt am ɛn i kin no se di tin rili siriɔs. Bɔt bɔku pan di pipul dɛn, bikɔs di mistek dɛn we pipul dɛn de tink naw bɔt mɛrɛsin sayɛns dɔn blayn ɛn bɔku bɔku tin dɛn we dɛn bin dɔn tink bɔt bifo tɛm, dɛn want fɔ gɛt mɔ infɔmeshɔn bɔt dis tɔpik. Na dat mek, insay di sɛkɔn pat pan dis buk, a dɔn kam bifo wit ɔda ɛn mɔ ditayli ɛksplen dɛn bɔt bɔku impɔtant kwɛstyɔn dɛn. Na di sem tɛm dɛn dɔn tek advantej pan di chans fɔ mek sɔm smɔl smɔl rivishɔn ɛn kɔrɛkshɔn dɛn na di fɔs pat. Insay di fɔs edishɔn fɔ di buk di aidia fɔ it raw-it bin stil de na in rudimɛnt stej; tide is dɔn put insay prɔsis na bɔku bɔku kɔntri dɛn. We bɔku bɔku pipul dɛn we gɛt sɛns ɔlsay na di wɔl dɔn lɛf fɔ it tin dɛn we dɛn dɔn kuk ɛn drɔgs we gɛt pɔyzin, dɔn mɛn dɛnsɛf frɔm di sik dɛn we dɛn dɔn gɛt fɔ lɔng tɛm ɛn naw dɛn ebul fɔ ɛnjɔy layf we nɔ gɛt wan wɔri ɛn we gɛt wɛlbɔdi ɛn gladi at. Na di ɛnd pan di buk a dɔn gi smɔl sɛlɛkshɔn pan di bɔku bɔku lɛta

We dɛn mek nyu mashin ɔ inschrumɛnt, dɛn kin tek sɔm tɛst dɛn we dɔn wok fayn, na infɛkt ɔ pruv se dɛn mek am. Tide, bɔku bɔku pipul dɛn we gɛt wɛlbɔdi ɔlsay na di wɔl na layf pruf fɔ dat

raw-it de sev mɔtalman frɔm di ruthless clutch dɛm fɔ ɛvri sik na di wɔl.
Wan pɔsin go dɔn tink se dis bin fɔ dɔn du fɔ wek di sayɛns wɔl frɔm di slo we dɛn nɔ bisin bɔt ɔda pipul dɛn ɛn mek ɔlman biliv di bɔku bɔku bɛnifit dɛn we raw-it de briŋ fɔ wi ɔl.
Tide pipul dɛn we adikshɔn dɔn blaynd kin ɔganayz intanashɔnal kɔnfrɛns dɛn fɔ fɛt di tin dɛn we dɛn tink se na di wɔl nɔ gɛt bɔku tin fɔ it ɛn dɛn kin gi tɔk dɛn we nɔ gɛt ɛnd bɔt tin dɛn we kin mek pɔsin laf, ɛn 80 pasɛnt pan di rial it dɛn we di tin dɛn we Gɔd mek de gi wi, dɛn kin pwɛl am wit dɛn yon an we dɛn nɔ tink bɔt bay we dɛn de kuk ɛn rifin.

A de apil to ɔl tru tru umanitarian dɛm fɔ rayz dɛn vɔys ɛn bay dɛn kɔntinyu fɔ aks fɔ invayt di ɔtoriti dɛm fɔ tek step kwik kwik wan fɔ put di prinsipul dɛm fɔ raw it insay prɔsis. Di tɛm dɔn rɛp fɔ mek wi du sɔntin.

PAT WAN

Aw A bin Kɔnsɛf di Aydia bɔt Raw-It

Raw vegan fud fɔ bi di onli nourishment we man de tek.
Di abit fɔ it tin dɛn we dɛn dɔn kuk fɔ lɛf na dis wɔl wans fɔ ɔltɛm. Dis na di tin we nature de aks fɔ we nɔ de mek mistek. Di it we dɛn kin it we dɛn kuk na di barbarism we rili bad pas ɔl na mɔtalman istri, na barbarism we i tan lɛk se nɔbɔdi nɔ no bɔt ɛn we ɔlman kin fɔdɔm pan we i nɔ no natin. Ilɛksɛf di aidia tan lɛk se i strenj to sɔm pipul dɛn, na di tru tru tru tin we wi nɔ go ebul fɔ gri wit.

Dis trut bin kam klia to mi we, afta 18 ia we a dɔn tek tɛm stɔdi ɛn chɛk, a kam fɔ biliv se di day we mi 10- 10 ia ol day.
bɔy pikin we ol ia ɛn gyal pikin we ol 14 ia, na bikɔs dɛn nɔ bin de it fayn. Di bɔku bɔku mɛdikal ɛgzamɛn dɛm we dɛn bin du na Pashia, Frans, Jamani ɛn Swizaland insay difrɛn tray fɔ fɛn sɔm patikyula sik na dɛn ɔrganizm ɛn di administreshɔn fɔ bɔku mɛrɛsin dɛn afta dat bin gɛt bɔku pat, bak, fɔ briŋ di bad bad tin to ed. Mi pikin dɛn bin day bikɔs dɛn bin de wik smɔl smɔl ɛn dɛn bin de west ɔl dɛn ɔgan dɛn bikɔs dɛn bin de gi dɛn tin fɔ it we nɔto fɔ natin ɛn mɛrɛsin dɛn we gɛt pɔyzin.

A dɔn ebul fɔ go insay di sikrit dɛn we de na mɛdikal sayɛns ɛn fɔ si di gud ɛn bad tin dɛn we de insay am klia wan, bikɔs a nɔ bin gɛt inspɛkshɔn fɔ bi dɔktɔ ɔ fɔ gɛt ɛni mɔni. Mi insentif dɔn bi insay di fɔs ples di wish fɔ du mi bɛst fɔ di wɛlbɔdi fɔ mi pikin dɛn we a lɛk, ɛn leta di ardent want fɔ mek dɛn mɛmba kɔntinyu bay we a yusful to mɔtalman.

Wan ɔda tin we dɔn kɔntribyut to mi bɛtɛ rializashɔn fɔ di shɔtkɔm dɛm fɔ mɛdikal sayɛns na di ɔl nyu sistɛm we a dɔn yuz fɔ du mi stɔdi bay we a de tich misɛf, fri frɔm di enkɔmbrans fɔ wan akademik program. A nɔ ɛva drɔnk wit di ɛgzajarayt klem dɛn bɔt prɔgrɛs we dɛn dɔn mek fɔ di mɛdikal sayɛns ɔ ɔl di fayn fayn stori dɛn bɔt di fayn fayn bɛnifit dɛn we pɔsin kin gɛt frɔm mɛrɛsin. A dɔn de tɔk to dɛn kwɛstyɔn dɛn ya wit maynd we de kɔrɛkt ɛn ɔltɛm a dɔn de pe atɛnshɔn mɔ pan di tin dɛn we dɛn nɔ ebul fɔ du. Pantap dat, a dɔn de tink ɔltɛm bɔt di tru tin se, pan ɔl we bɔku bɔku dɔktɔ dɛn we sabi du di wok de ɛn bɔku pipul dɛn we dɔn win di Nɔbɔl prayz de, man we sivilizayt kin gɛt difrɛn sik dɛn pas ɛni ɔda animal, ɛn sik dɛn lɛk sklɛrosis , dayabitis, at atak ɛn kansa de bɔku pan wan rit we de mek pipul dɛn fred, ɛn dis de trɛtin fɔ dɔnawe wit mɔtalman na di wɔl. A nɔ west mi tɛm fɔ mɛmba di sayn dɛm fɔ sik dɛm, di nem ɛn doz dɛm fɔ di mɛrɛsin dɛm ɛn dɛn bɔku bɔku kɔmplikɛt fɔmula dɛm we dɛn nɔ kin nid, bikɔs a nɔ ɛva gɛt di maynd fɔ sidɔm fɔ ɛgzam ɛn gɛt digri. Bifo dat, so fa as a pɔsibul, a dɔn yuz mi tɛm fɔ stɔdi bɔku bɔku branch dɛn na sayɛns ɛn fɔ chɛk di bɔku bɔku tin dɛn we de mek pipul dɛn no bɔt tin dɛn, frɔm di men ɛn jenɛral prinsipul dɛn we a dɔn ebul fɔ pul sɔm impɔtant tin dɛn, impɔtant tin dɛn fɔ dɔn.

Di tin dɛn we dɔn kɔmɔt frɔm 18 ia we dɛn bin de stɔdi gud gud wan ɛn wok tranga wan, dɔn de insay wan wok we gɛt tu big volyum dɛn, ɛn dɛn bin pul di fɔs wan, we na wan buk we gɛt 568 pej dɛn, insay Aminian insay 1960.

Di Efisiɛns Ɔpreshɔn fɔ Ɛvri Faktɔri de Sɔbjɛkt to di Yunifɔm Sapɔt fɔ Ɔl di Raw Matirial dɛn we di Ɛnjinia dɔn Spɛsifik

Te dɛn fɛn faya, wit di ɔda animal dɛn, mɔtalman bin dɔn divɛlɔp ɛn du in evolushɔn bay we i de it natura, raw it. Bɔt frɔm we dɛn fɛn faya, we dɛn nɔ tink bɔt bɔku tin, man dɛn dɔn put natura l it dɛn pan di faya, pwɛl dɛn impɔtant tin dɛn we dɛn de mek, dɛn dɔn put dɛn dɔŋ ɛn afta dat dɛn dɔn gi dɛn bɔdi tin fɔ it wit dɛn. As a dayrɛkt kɔnsɛkshɔn, ɔl di sik dɛn we ɔl mɔtalman de sɔfa tide dɔn kɔmɔt.

Di tin we mɔtalman gɛt na faktri we gɛt layf we dɛn bil bay di tray we di tin dɛn we Gɔd mek nɔ de stɔp. Na di sem tɛm, wit di kɔnstrɔkshɔn fɔ dis faktri, wi wɔndaful nature dɔn mek yus to di raytin fɔ di san fɔ divɛlɔp ɔl di raw matirial dɛn we nid fɔ kɔdinɛt di tawzin kɔmplikɛt ɔpreshɔn dɛm fɔ wi ɔrganizm ɛn fɔ mek shɔ se kɔrɛspɔndɛns prodakshɔn. Dɔn bak, di tin dɛn we Gɔd mek dɔn put dɛn raw matirial dɛn de insay dɛn ɔl pafɛkt wan ɛn insay di wanwɔd we nɔ gɛt wan fɔlt we difrɛn tin dɛn we de insay dɛn gɛt, insay wan smɔl gren we dɛn mek wit di kɔn, insay wan pulpi sid we dɛn mek wit granat, insay wan bɛri we dɛn mek wit grep ɔ insay wan lif na wan plant . ɛvri wan pan di "paltry" it dɛm we dɛn tek separet wan gɛt �l dɛn tin dɛm we nid f� kip di liv �ganism f� wan tin we lɛk m�talman.

Insay di matirial wɔl di smɔl smɔl devieshɔn frɔm di ditil dɛn we wan injinia dɔn mek fɔ mek di mɛkanism na wan faktri wok fayn fayn wan, ɔ fɔlt pan di raw matirial dɛn we dɛn dɔn spɛsifa fɔ mek shɔ se i nɔmal prodaktiviti, kin rilizɔt wan kɔrɛspɔndɛns brekdɔwn na di opareshɔn fɔ di plant. na di sem we, di s�mtɛm we di raw mɛtirial dɛm we di nature prɛskrib f� mek s�h se di komplikayt pr�sɛs dɛm f� di m�talman �ganism de wok fayn fayn wan de mek diz�rd dɛm na di n�mal bayolojikal f�nsh�n dɛm na wi �gan dɛm ɛn dɛn diz�rd ya de apin insay di f�m f� sik.

Di difrɛn we dɛn we mɔtalman de yuz fɔ pwɛl ɔ pwɛl di ful-balans raw matirial dɛn we di nature prɛskrib fɔ di nɔmal ɔpreshɔn fɔ in ɔrganizm nɔ de bia fɔ tink. Fɔ dat, sivilizayt man dɔn mek dɛbul faktri, ɔvin, ɔfna ɛn kichin. ɛvri dɛjɛnɛresh□n na di kwaliti f□ nɛch□ral it dɛm de f□l□ wan k□rɛsp□ndɛnt dɛjɛnɛresh□n na di m□talman □ganism. n□mal nyutrish□n de mek s□h se di n□mal □pɛresh□n, f□ wi □ganism, we n□mal nyutrish□n de f□l□ wit abn□mal dischaj f□ in f□nsh□n dɛm. Di plɛnti sik dɛm na di rizulɛt f□ di big difrɛns f□ dijɛnɛresh□n na di k□nstituɛnt dɛm f□ di nɛch□ral it dɛm.

If ɔl di tin dɛn we i nid, na di lɔ dɛn we de na di wɔl, di di m□talman □ganism we na di m□st pafɛkt □ganism na di animal kingdom, kin liv wit fayn fayn hɛlth fr□m 150 ia to maksim□m 200-250 ia. Di it dɛn we dɛn kuk kin fos mɔtalman ɔgan dɛn fɔ wok bɔku tɛm pas di nɔmal kapasiti, dɛn kin taya dɛn bifo tɛm, mek dɛn gɛt difrɛn sik dɛn ɛn mek mɔtalman in layf shɔt to smɔl pat pan in nɔmal span. Insay di tɛm we sayɛns dɔn go bifo naw, mɔtalman kin pul ɔl di sik dɛn bay we i nɔ it it we dɛn kuk ɔltogɛda ɛn afta dat i kin yuz in trɛnk fɔ stɔdi di prɔblɛm dɛn we kin apin we pɔsin liv lɔng nɔmɔ.
Na di sem tɛm, wit natura l nyutrishɔn, mɔtalman fɔ mek shɔ bak se di ɔda tin dɛn we i nid fɔ du na in natura go satisfay. Dɛn tin ya na klin briz, fɔ slip kwik, fɔ grap kwik, fɔ wok tranga wan, fɔ lɛf fɔ yuz atifishal ɔt, fɔ klin, ɛn ɔda tin dɛn.

Dairekt ɛn Indayrɛkt Nutrishɔnal Diziz dɛm

Dɛn sheb di sik dɛm we de mek pɔsin it fayn to tu men kategori: dairekt ɛn sik dɛn we nɔ de dayrɛkt. Dairekt nyutrish□n sik dɛm na dɛn wan dɛm we de k□z f□ s□m nyutrish□nal k□nstituɛnt dɛm we pasmak □ we □da wan dɛm n□ de. Faya ɛn animal it dɛn gɛt di ifɛkt fɔ kɔnsɛntret ɛn mek di prɔtin ɛn fat dɛn we de na di it bɔku, ɛn di sem tɛm dɛn de pul tin dɛn we gɛt ay nyutritiv valyu. Sayɛns dɔn ebul fɔ no te naw, na smɔl nɔmba nɔmɔ pan dɛn tin ya, we dɛn dɔn kɔl vaytamɛn ɛn if dɛn nɔ gɛt dɛn layf

nɔ go ebul fɔ de. Na di dairekt nyutrishɔn sik dɛm fɔ put ɔl di krɛse sik dɛm ɛn di dɛfisiɛns sik dɛm. De sik kin kam wit pasmak slo ɛn sikrit. So lɔng as di sik nɔr dɔn go insay in las stej ɛn di ɔgan dɛm nɔr dɔn stɔp fɔ wok, di pɔsin kin si insɛf as pɔsin we gɛt wɛlbɔdi. If sɔm pat ɛn miks vaytamɛn dɛfisiɛns, di sik nɔ de sho bay di simptom dɛm patikyula to avitaminosis, we dɛn tɔk bɔt na tɛksbuk dɛm; bifo dat i de mek in apia bay kɔmplen we nɔ izi fɔ ɛksplen.

Indaykt dijestiv sik dɛm na di sik dɛm we de pas. insay di m□talman □ganism de liv □ltɛm b□ku difrɛn m□talman dɛm we in n□mal sistɛm dɛn de gi yusful savis to di □ganism ɛn we de s□bjɛkt to di k□ntr□l f□ spɛshal (difrɛnt) m□talman sɛl dɛm, we dɛn k□mplit f□ s□bmit to dɛn k□mand dɛm. Bɔt tru di fayn it we dɛn de it di sɛl dɛn we dɔn pwɛl ɛn we dɔn wik kin wik so dat bay di Lɔ we de mek dɛn nɔ ebul fɔ liv dɛn maykrobɔd dɛn de kin gɛt di ɔpa han, dɛn kin fri dɛnsɛf frɔm di kɔntrol we dɛn sɛl dɛn de gɛt, dɛn kin tɔn dɛn bak pan dɛn masta dɛn, dɛn kin bi pɔsin we gɛt sik ɛn mek di sik dɛn we kin kam pan pɔsin so gud- we wi no. Sɔntɛnde di ami we de kam insay di maykirɔb dɛn we de atak, we fɔ dɔn mit wit ɔpɔzishɔn we nɔ go ebul fɔ stɔp na wan ɔrganizm we gɛt wɛlbɔdi ɛn we fɔ dɔn pwɛl wan tɛm, nɔ kin mit wit da kayn ɔpɔzishɔn de na wan ɔrganizm we dɔn wik ɛn i kin mek i gɛt in patikyula infɛkshɔn.

Insay di sɛkɔn volyum na mi Aminian buk, a dɔn gi bɔku ples to di prɔblɛm we gɛt fɔ du wit sik dɛn we kin pas, fɔ di ɛgzamin we a dɔn analayz sɔm pat dɛn pan di fɔs volyum na di triti bɔt "Pathological Anatomy and the Pathogenesis of Human Diseases" bay di bigman pan Sɔviɛt sayɛnsman we nem IV Davydovsky, we dɛn bin pul insay 1956. We di pɔsin we rayt dis buk tɔk bɔku tin dɛn we go mek pɔsin biliv, i pruv se nɔto di maykrobɔd dɛnsɛf gilti fɔ mek dɛn gɛt sik dɛn we de pas, bɔt na di bad we aw di bɔdi de, di pawa we i gɛt we de go dɔŋ imuniti fɔ gɛt di sik. Bɔt i sɔri fɔ no se, lɛk ɔl di wan dɛn we gɛt adikshɔn fɔ it we dɛn kuk, Davydovsky insɛf nɔ ebul fɔ ɛksplen aw wi go mek da imyuniti de kam bak ɔ, we bɛtɛ pas dat, fɔ mek i nɔ go dɔŋ.

Di fred fɔ maykroba dɛn dɔn mek man dɛn fred sote fɔ rɔnawe pan dɛn dɛn kin yuz di tin dɛn we de mek dɛn denja pas ɔl ɛn yet dɛn kin gɛt difrɛn tin dɛn we kin apin. Di kuk we dɛn kin kuk raw it fɔ mek dɛn nɔ gɛt maykroba dɛn na wan pan di mistek dɛn we kin apin we dɛn de du mɛrɛsin s

Wi nɔ go ebul fɔ dɔnawe wit di maykirɔb dɛn we de na di wɔl. Dɛn de ɔlsay, dɛn go de ɔltɛm ɛn dɛn kin ebul fɔ go insay wi ɔrganizm dɛn tru bɔku bɔku chanɛl dɛn. s□mtɛm, we wi kuk wi it wi f□s wik di rɛsistɛns f□ wi sɛl dɛm ɛn afta dat wi de d□n insay wi it dɛm dɛn nɛch□ral antibaytik dɛm we nature destined f□ f□t ɛgɛst m□talman. Ivin dɛn dɔktɔ dɛn we gɛt adikshɔn to it we dɛn kuk kin kɔnfirm se bɔku vaytamɛn dɛn, we kin pwɛl pan faya, gɛt baktri dɛn. Na dat mek animal dɛn we de it rɔbish hip nɔ kin nia fɔ gɛt sik dɛn we kin pas lɛk mɔtalman.

di Kansa Sɛl na di Dairekt Offspring f□ Dijenɛret It

Bɔku pipul dɛn we de it kuk kin biliv se bikɔs mɔtalman dɔn de it it we dɛn kuk fɔ lɔng lɔng tɛm, i fɔ dɔn yus to am ɛn i go sɔfa naw if i bigin it raw it wan tɛm. In ɔda wɔd dɛn, if wi dɔn ful-ɔp motoka-kar wit dɔti ɛn infɛriɔ petrol fɔ sɔm tɛm, di injin kin dɔn yus to am ɛn i kin pwɛl if dɛn yuz klin fiul fɔ chenj di dɔti petrol.

Fɔs, fɔ sɔm tawzin ia nɔto natin we yu kɔmpia am to di bɔku bɔku ia we mɔtalman bin de liv ɛn divɛlɔp pan raw it nɔmɔ, wit in gret gret granpa dɛn. Apat frɔm dat, se man nɔ dɔn, infakt, bi abit fɔ it kuk it, pruv bay di ɛgzistens fɔ sik dɛn, we kin dɔnawe ɛn di ɔrganizm kin kam bak to in nɔmal wok wans man dɔn yuz raw it.

Na tru se bay di lɔ dɛn we de sho se ɔltin kam bay chans, wi ɔrganizm de tray fɔ adap insɛf to di it we i de gɛt, bɔt nɔto di we aw sɔm pipul dɛn kin imajin. dɛn nyutritiv k□nstituɛnt dɛm f□ it we implɛnt f□ di komplikɛt pr□sɛs dɛm ɛn di spɛshal mɛj□r f□nsh□n dɛm f□ di sɛl dɛm kin izi f□ d□n □nda di infl□ɛns f□ faya. So, di...

di it dɛm we di wan dɛm we de it kuk de k□nsida f□ b□ku b□ku tin dɛm n□ gɛt dɛn im□tant tin dɛm, b□t insted dɛn gɛt b□ku saplai f□ protin, fɛt ɛn kabohaydret, s□m tɛm dɛm we pas di sɛl dɛm we di sɛl dɛm want.

we dɛn de k□ntinyu f□ gɛt dɛn nyutritiv k□nstituɛnt dɛm we implɛnt f□ dischaj dɛn h□y f□nsh□n dɛm, di sɛl dɛm n□ de at□n dɛn ful divɛl□pmɛnt ɛn spɛshalization □, we dɛn d□n rich dɛm, leta dɛn de l□s dɛn fakulti f□ du dɛn f□nsh□n dɛm de. Afta sɔm ia we dɛn nɔ gɛt bɛtɛ tin fɔ it ɛn bia, wan de kin kam we wan pan di bɔku bɔku sɛl dɛn, we nɔ gɛt di tin dɛn we dɛn kin ebul fɔ du, kin dɔn fri frɔm di tin dɛn we kin mek di sɛl dɛn nɔ gro. afta dat dɛn de separet dɛn sɛf fr□m k□myuniti layf, bi □tonom ɛn avariciously devour dɛn tisu-bildin mɛtirial dɛm we de swim insay di inta-sɛlyul f□luid in big kwantiti, we di n□mal sɛl dɛm dɛn rijek dɛm as dɛn rili pas dɛn nid, ɛn we de proud di gastrolatrous bayolojist dɛm we dɛn prez — di protin dɛm (especially animal protin dɛm), di fɛt dɛm ɛn □l di naytrojen s□bstans dɛm. Afta dat dɛn kin gro wit spid we de mek pipul dɛn fred, dɛn nɔ de pe atɛnshɔn ɛn dɛn nɔ de du wetin rayt, ɛn dɛn kin bɔku pasmak fɔ mek wan bad bad mas, we na nyu tin we gɛt layf, we we i de gro, i kin put ɔltin we de rawnd am ɔnda, pwɛl ɛn las las wan fayn de dɔŋ da wɔndaful bildin de, we na mɔtalman bɔdi. Di nem fɔ da nyu tin de na kansa. Na di tru tru pikin fɔ it we dɛn kuk, di layf pruf fɔ aw di sɛl dɛn de adap to di strɔkchɔ fɔ di it man dɛn yuz.

We layf bin fɔs apia na wi planɛt, di tin dɛn we Gɔd mek bin gɛt sɔntin fɔ du wit am na di m□st ɛlimɛnt bildin mɛtirial (protɛin, fɛt ɛn k□bhaydret), we i bin ebul f□ mek di f□s singl sɛl □ganism dɛm. Jɔs lɛk aw injinia ad silinda, aparɛt ɔ smɔl tin fɔ ad nyu wok to in faktri, na so bak we i ad nyu tin to in bildin matirial dɛn (vɛjitebul bɔdi dɛn), nature de ad nyu wok to animal ɔgan dɛn. Dis tranga wok dɔn mek di nature bizi fɔ bɔku bɔku ia, ɛn insay da tɛm de i dɔn divɛlɔp in raw matirial frɔm wan kɔmɔn baktri to

di frut dɛm we wi no tide, ɛn tru di ɛjɛnshi fɔ dɛn vegjetab raw matirial dɛm, bɔt di sem tɛm wit dɛn evolushɔn, i dɔn divɛlɔp di animal ɔrganizm we gɛt wan sɛl we i bin dɔn mek to wan wɔndaful animal.

I sɔri fɔ no se afta dɛn dɔn fɛn faya, mɔtalman in natura evolushɔn dɔn stɔp ɛn wetin wɔs pas ɔl na dat, i de go bak wit wan jayant in pawa. Faya ɛn di ɔda ridikul we dɛn fɔ pwɛl tin dɛn we sivilizayt man dɔn mek, de pwɛl ɔl dɛn fayn fayn tin dɛn we dɛn dɔn kip fɔ bɔku bɔku ia insay natura it dɛn ɛn bikɔs ɔf dat na animal sɛl dɛn, ɛn dɛn kin gi dɛn bak to dɛn fɔstɛm kayn, bɔt wit di big big dilijens we dɛn kin gi di m□st k□m□n bildin mɛtirial dɛm we de sav f□ mek s□h se dɛn sɛl dɛm de gro we n□ gɛt aim. di kansa sel dɛm na tru tru spɛshal f□ dɛn primitiv sɛl dɛm. Fɔ di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf we nɔ de si bɛtɛ, di tin dɛn we dɛn kin yuz fɔ bil di bɔdi na di prɔtin dɛn, dat na di jɔs ston ɛn brik dɛn we gɛt wan tin we rili kɔmɔn. Dɛn nɔ intres pan di difrɛn kayn mɔta dɛn ɛn di bɔku bɔku ditil dɛn we impɔtant fɔ bil wan kɔmplikɛt faktri, ɛn we nɔ de insay bifstik ɔ barbecue.

Insay di sɛkɔn volyum na mi Aminian buk, a dɔn devote klos to 300 pej fɔ di ɛgzamin fɔ di prɔblɛm we de sho usay kansa kɔmɔt. Fɔ dis, a dɔn rivyu wan impɔtant tritiz we di fambul Amɛrikan saytɔlɔjis E. V. Cowdry rayt we dɛn kɔl "Cancer Cells" (1955), we na di wan we dɔn kɔmplit pas ɔl pan di difrɛn stɔdi dɛn we dɛn du bɔt di tɔpik ɛn we dɛn gɛda ɔl di impɔtant stɔdi dɛn, data, . opinion ɛn kɔnklushɔn dɛn we bɔku sayɛnsman dɛn we bɔku pipul dɛn sabi dɔn pul. pan di bies f□ di risɛch data we di sayt□l□g dɛm sɛf gɛt, a d□n pruv klia wan se kɛnsar sɛl dɛm k□m□t fr□m we dɛn n□ gɛt supɛri□r nyutritiv k□nstityush□n dɛm ɛn wan supɛrabundans f□ dɛn k□m□n bildin mɛtirial dɛm we de ink□rej di sɛl dɛm f□ gro we n□ gɛt aim.

Di adikshɔn to it we dɛn kuk na di tin we denja pas ɔlman

Vays dɛn

Di pɔsin we de rid kin de wɔnda fɔ no wetin mek nɔbɔdi pan di bɔku bɔku sayɛnsman ɛn prɔfɛsɔ dɛn we gɛt nem nɔ de si dɛn simpul tru tin ya ɛn wetin mek nɔbɔdi nɔ de tɛl wi se di abit fɔ it it we dɛn kuk nɔto tin we pɔsin kin du ɛn i denja. Di rizin na dat di wan ol mɔtalman na pipul dɛn we lɛk fɔ it ɛn di adikshɔn fɔ it dɔn mek ɔlman blayn. Nɔbɔdi nɔ no se fɔ it kuk na bad tin ɛn fɔ tru, na di bad tin we rili bad pas ɔl di bad tin dɛn. I n�to krayv afta wan kayn tin n�m�, b�t di s�m t�tal f� wan in voracious longings f� t�wzin s�bstans dɛm (ɛn wetin "marvelous," "desirable" s�bstans dɛm at dat!). Apat frɔm dat, pipul dɛn we de it kuk we nɔ de si shɔt tɛm kin si rich ɛn ɛksɛlɛns pan di bɔku bɔku dɛbasemɛnt dɛn we dɛn kin put it, we na da rili bɔku bɔku dɛbasemɛnt dɛn de we kin mek bɔku bɔku bad bad tin dɛn apin, we dɛn kin si di tru tin we de sho insay di bɔku bɔku sik dɛn we de apin na di wɔ

Mɔtalman kin adikshɔn to dɛn tin dɛn we gɛt pɔyzin, lɛk ti, kɔfi, kakao, tabak, rɔm, opium, kɔkɛyn, mɔfin, ɛn ɔda tin dɛn. di it dɛm we dɛn kuk de mek b�ku difrɛn p�yzin dɛm we, as tɛm de go, dɛn de st�r na difrɛn pat dɛm na di �ganism, lɛk na di w�l dɛm na di vein dɛm ɛn di kapilari dɛm, bitwin di joyn dɛm, na di sɛntr�m f� di fɛt sɛl dɛm ɛn �da say dɛm. Jɔs lɛk aw di krayv we pɔsin we dɔn tek drɔgs gɛt fɔ gɛt heroin nɔ kin kɔmɔt frɔm di nɔmal tin dɛn we in bɔdi nid, na so di want we pɔsin we de it kuk kin want fɔ it we i kuk, we i kin fil se i angri, nɔto di nɔmal tin we in ɔrganizm want; bifo dat, na di dimand fɔ in adikshɔn. na di ɛksprɛsh�n f� di impuls dɛm we di p�yzin dɛm we dɛn k�lekt insay di m�talman �ganism de mek; na di dimand fɔ di sik dɛn we de nest insay di bɔdi, di kɔl fɔ mɔtalman in wɔs ɛnimi.

Dat bad bad bad tin de insay ɛvri mɔtalman in bɔdi na in yon mama ɛn papa, rayt frɔm di kredul. Na dat mek di tɛm we pikin bigin fɔ notis ɛn bigin fɔ tɔk, adikshɔn to it dɔn ɔlrɛdi mek i ol am tranga wan ɛn frɔm da tɛm de te to di ɛnd pan in layf i de tek it we i kuk as in nɔmal it ɛn in strɔng krayv

fɔ am as in fisiɔlɔjik dimand; na dis i de mistek fɔ se i rili angri.

Di Dimand fɔ Kuk Fɔd Nɔto Angri

We pɔsin we de it kuk tray fɔ it tin dɛn nɔmɔ we na natura l it, lɛk walnut, grens, raw frut ɛn vɛjitebul, ɛn i nɔ gɛt ɛni ɔda kayn raw it igen, di natura l dimand dɛn we in ɔrganizm de du kin mit ɔltin da tɛm de ɛn i kin satisfay te i ful-ɔp. Bɔt pan ɔl dis, ilɛksɛf i fɔ dɔn ɔlrɛdi tek bɔku tɛm pas di tin dɛn we i nid ɛvride, i stil de biev lɛk se i nɔ it natin ɛn i kin fil se i rili want wan it we gɛt mit we gɛt bɔku sizin, we gɛt bɔku tin fɔ it ɛn we kin mek i want fɔ it. Dis nɔto angri igen. Na di iritashɔn we di pɔyzin dɛn we dɛn dɔn kip na di bɔdi ɛn we naw de aks fɔ fresh pɔyzin. Na di kray we di dɛbul de kray we de ledɔm de skata ɛn de aks fɔ nyu tul dɛn fɔ kɔt di mɔtalman ɔrganizm. Di pɔsin we gɛt sɛns ɛn we gɛt strɔng maynd fɔ it raw, kin yɛri da kray de wit ɔl in bad bad tin dɛn de ɛn de, bɔt i nɔ de pe atɛnshɔn to am wit ɔl in sol ɛn i nɔ de mek wan jot fɔ kɔnsɛshɔn.

Kuk It de Fos di Mɔtalman Ɔgan fɔ Wok pan Tri to Fo Tɛm Dɛn Nɔmal Kapasiti

□l di m□talman □gan dɛm gɛt wan st□r □f nɛch□ral rɛsɛv ɛnɛji. Bɔku tɛm, dɛn kin wok pan wan pat pan di tin dɛn we dɛn kin ebul fɔ du, ɛn dɛn kin kip di ɔda pawa we dɛn gɛt fɔ yuz leta we dɛn gɛt spɛshal imejensi ɔ we dɛn dɔn ol. □l dis de sho se insay "n□mal" s□mtin dɛm di puls rɛt f□ di at na 70- . 72 bit pan minit (we di wan we de it raw na 58-62 nɔmɔ), we insay spɛshal tin dɛn kin rayz am to pas 200 bit pan minit.
bak, we yu de blo n□mal 500 cc f□ briz de pas insay ɛn k□m□t na di l□ng, b□t bay spɛshal ɛf□t we wi de blo wi kin inspɛkt lɛk 3700 cc

Di pɔsin we de it raw de mek yus to in dijestiv ɔgan dɛn na wan kwata di kapasiti we dɛn kin ebul f□ du, we as a rizulta in □gan dɛm n□ de nɛva ova lod □ taya. Di kuk-it, na di ɔda say, afta i dɔn mek i want fɔ it bay we i de yuz kɔndishɔn riflɛks, we de mek i vɛks

spays, aperitif dɛm ɛn □da absurd stimulant dɛm, de ful in bɛlɛ so dat di dijestiv □gan dɛm de f□s f□ bring in aksh□n □l dɛn rizev enɛji dɛm ɛn ivin da tɛm de dɛn n□ ebul f□ bia wit di dimand we dɛn put pan dɛm. We dɛn kin fos mɔtalman fɔ gi bak di it we nɔ fayn bay di sem chanɛl we i sɛn am dɔŋ ɔ fɔ drɛb am kɔmɔt na in intestin wit purgativ. I sɔprayz fɔ no se, pɔsin we de it kuk nɔ kin tek dɛn kayn tin dɛn ya we kin mek pɔsin nɔ fil fayn, as sɔntin we stren

bay di ovalod f□ di dijestiv □gan dɛm b□ku plɛnti aksesori □gan dɛm de set f□ wok, tu, lɛk di at, di liva ɛn di kidni dɛm. I nɔ kin te, di ɔda wok we dɛn ɔgan dɛn ya kin du kin mek dɛn taya ɛn mek dɛn nɔ ebul fɔ wok bifo tɛm. So wi nɔ sɔprayz fɔ no se bikɔs ɔf dat, in layf kin shɔt bɔku tɛm. We i de it tin dɛn we nɔ gɛt yus, we de ambɔg ɛn we gɛt pɔyzin, di pɔsin we gɛt adikshɔn fɔ it de mek i gladi fɔ wetin i lɛk, i de mek in bɛlɛ nɔ ebul fɔ du sɔntin, ɛn i de mek fɔ insɛf di kayn we aw i de fil se i satisfay, we in sɛl dɛn, fɔ tru, de kray wit angri bikɔs i nɔ gɛt impɔtant tin dɛn fɔ it . Pɔsin we de it raw in bɛlɛ kin rɛst ɔltɛm, pan ɔl we bɔku tɛm i kin ɛmti, bɔt fɔ tru, in bɔdi kin ful-ɔp ɛn satisfay insay di tru minin fɔ di wɔd.

We pɔsin we de it kuk disayd fɔ chenj to raw-it, fɔs i nɔ kin ɛva fil satisfay, ilɛksɛf i it bɔku. Bɔku tɛm, bifo dɛn fil gladi, pipul dɛn we lɛk fɔ it kin fil se dɛn nɔ satisfay wit da sik de. Insay dɛn opinion, di rizin fɔ dɛn kɔntinyu fɔ angri na bikɔs di it dɛn we dɛn de it nɔ gɛt bɛtɛ nyutrishɔn valyu ɛn dɛn nɔ gɛt wan valyu as it. Dis na bad bad mistek. Bifo dat, dɛn it dɛn de gɛt fayn fayn tin dɛn ɛn dɛn gɛt ɔl di tin dɛn we dɛn nid. Di mɔtalman sɛl dɛn dɔn de sɔfa fɔ lɔng lɔng tɛm bikɔs dɛn nɔ de. di kapasiti dɛm f□ di m□talman dijestiv □gan dɛm ful□p k□rɛkt to dɛn k□m□sh□n ɛn di arenjmɛnt f□ di k□nstituɛnt dɛm. Na dat mek di bɛlɛ kin gladi fɔ wɛlkɔm dɛn it dɛn de, i kin sof kwik kwik wan ɛn pas dɛn to di intestinal dɛn we nɔ kin delay bɔku, we di sɛl dɛn na dɛn yon tɔn, we dɔn wik ɛn wik lɛk aw dɛn de wit angri, kin rili want fɔ tek dɛn valyu tin dɛn de ɛn dɛn kin aks fɔ mɔ ɛn bɔku tɛm mɔ pan dɛn.

Di sɛl dɛn we sik kin wɛl, di wan dɛn we dɔn wik kin wɛl, di wan dɛn we nɔ de wok kin gɛt pawa bak. Bɔt di fat sɛl dɛn kin bigin fɔ mɛlt bikɔs dɛn angri, di pɔyzin dɛn we kin gɛda kin dɔn smɔl smɔl ɛn di wata we nɔ impɔtant kin kɔmɔt na di bɔdi. afta dat n□mal, aktif sɛl dɛm de tek di ples f□ dɛn s□m s□m sɛl dɛm we bin fɛt wit indolɛns ɛn inaksh□n. Di wet we di bɔdi kin lɔs kwik kwik wan na sɔntin we shɔ se i gɛt wɛlbɔdi ɛn trɛnk bak.

Dis tru tin fɔ mek man in at gladi ɛn gladi. Fɔ dɛn nyutriɛnt dɛn de spre wantɛm wantɛm ɔlsay na in bɔdi ɛn gi am wɛlbɔdi, trɛnk, trɛnk ɛn ɛnaji. Na di fɔs tɛm insay in layf we pan ɔl we ɔl in ɔgan ɛn gland dɛn kin gɛt bɔku tin fɔ it, dɛn kin ebul fɔ wok wit kɔmfɔt ɛn izi. Ilɛksɛf da de de, i tek bɔku bɔku raw it pas aw in ɔrganizm nid, ɔ in intestin ɛn sɛl dɛn ebul fɔ tek am, in bɛlɛ nɔ go gri fɔ tek am, ɛn i nɔ go mek i fil lɛk se i de fil lɛk se i de fil bad, we go mek i du dat drɛb am wit fɛt-fɛt ɛn fos. Di it dɛn we pas wetin i nid nɔ go de na di bɛlɛ fɔ mek i rɔtin; dɛn nɔ go tɔn to pɔyzin ɔ briŋ ɛni prɔblɛm wit di we aw dɛn de digest. bifo dat, if dɛn n□ de digɛst dɛn go pas wans f□m di bɛlɛ insay di intestines dɛm ɛn afta dat dɛn go k□m□t na di b□di wit di fɛs da sem de de, we dɛn n□ k□z di s□m bad bad tin to di □ganism. So, in bɛlɛ go layt ɔltɛm, ɛn in intestin ɛn in blɔd go ful-ɔp wit tin dɛn we balans.

Dɔn insay da kayn tɛm de, lɛ i jɔs tray fɔ it sɔm smɔl it dɛn we dɛn dɔn kuk. In bɛlɛ go vɛks bad bad wan fɔ nɔ gri fɔ tek dɛn strenj tin dɛn de we i nɔ want. Pan ɔl di gladi at we in palata kin fil bad bad wan, dɛn smɔl smɔl tin dɛn de go ledɔm na in bɛlɛ fɔ lɔng tɛm, dɛn go wok lɛk tin we de stɔp am fɔ mek i nɔ want fɔ it ɛn dɛn go mek i nɔ ebul fɔ it di tin dɛn we i de it. Bɔt pɔsin we de it kuk kin rili satisfay ɛn gladi wit da kɔndishɔn de, bikɔs i dɔn satisfay in pawa, i dɔn stɔp in bɛlɛ ɛn naw i "ful." Di man we no se i valyu fɔ it raw, de fred da kɔndishɔn de. I ɔndastand gud gud wan se na di raw vegjetabl nyutrimɛnt dɛn we de gi di bɔdi tin fɔ it, ɛn di day bɔdi

we kɔmɔt na di faya na jɔs fiul, ɛn na say dɛn we dɛn kin pul difrɛn pɔyzin ɛn sik dɛn.

Mɔtalman Nourishment Fɔ Kɔnsis Fɔ Liv Sɛl dɛn ɛn Nɔto Kɔp dɛn we Dɛd Sɛl dɛn

di it dɛm we bɛlɛ f□ ful□p na di sɛl dɛm we de liv. Naw vegjetabul bɔdi, afta dɛn dɔn kɔmɔt na di wɔl, kin de alayv fɔ lɔng tɛm. Wan ros bɔd kin kɔntinyu fɔ blo insay vays, ɛn di grens kin gro we dɛn plant am sɔm ia afta dɛn dɔn gɛda am. Bɔt di sɛl dɛn na animal dɛn we dɛn kin kil ɔ di wan dɛn we gɛt milk we dɛn tif na dɛn bɔdi kin day wan tɛm, dɔn dɛn kin bigin fɔ skata ɛn tɔn to pɔyzin, we we dɛn kuk kin chenj dɛn to sɔntin we rili bad. Fɔ tek animal protin dɛn as sɔntin we bɛtɛ pas vegjetabul protin na mistek we rili bad fɔ jɔj, we na klia pruf fɔ se di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf we de wɔship mit nɔ de si tin bɛtɛ. if wi admit se di animal □ganism de t□n di vɛgɛtebul protin dɛm ɛn t□n dɛm to ful b□lɛns nyutriɛnt dɛm, den di f□s f□ dɛn animal dɛm lɛk f□ks, wulf, d□g, pusi ɛn tayga we de it dɛn kayn "ful bɛlɛns" protin dɛm f□ bi di di ays nyutritiv valyu; bɔt di pɔyzin we dɛn kayn animal dɛn de gɛt, so klia dat ivin di pɔsin we lɛk fɔ it mit pas ɔlman nɔ kin gɛt maynd fɔ it am.

Dɛn biyolojist dɛm we dɛn kin ɛnkɔrej bay dɛn yon prɛdileshɔn fɔ luk f□ spɛshal advantej dɛm na mit, f□ f□nsh□n di tin dɛm we dɛn k□l irreplaceable amino acid dɛn n□ tek in k□nsidrɛsh□n di akt we dɛn amino asid dɛm de f□m fr□m di k□m□n gras dɛm we animal dɛn de it Bay us rul f□ sayns gɛt di □ganism f□ kaw di kapasiti f□ mek amino asid frɔm di wida ɛn gras dɛn we nɔ fayn pas ɔl, bɔt di ɔrganizm we man gɛt nɔ gɛt di we fɔ pripia di sem kɔmpawnd dɛn frɔm vɛjitebul it dɛn we gɛt di ay kwaliti we gɛt nyutritiv?
Aw bɔku bɔku pipul dɛn na India de liv we dɛn nɔ gɛt di amino asid dɛn we mit de gi?

Short-Sightedness Na di Big Difɛkt Na Mɛdikal Sayɛns

Di big mistek we di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf we gɛt adikshɔn to it we dɛn kuk kin mek na di we aw dɛn nɔ de si tin bɛtɛ. Dɛn kin lɔk dɛn yay pan dɛn bad tin dɛn de we kin tan lɛk se dɛn smɔl ɛn dɛn nɔ kin si di bad bad tin dɛn we kin apin kwik ɔ leta bikɔs ɔf tin dɛn we i tan lɛk se dɛn nɔ impɔtant. Lɛ wi yuz sɔm ɛgzampul dɛn fɔ ɛksplen wetin wi tɔk. Di it dɛn we dɛn kin kuk, mɔ di it dɛn we dɛn kin it wit mit, kin ful-ɔp wit pɔyzin. Naw, nɔbɔdi nɔ de tek ɛni notis bɔt di pɔyzin we nɔ de mɛn we de go ɔltɛm we pɔsin nɔ no bɔt ɛn ivin we as a rizulta fɔ da kayn pɔyzin de di liva, di at ɔ di kidni dɛn dɔn pwɛl insay di tɛm, dɛn kin se di sik na bikɔs dɛn nɔ no. We di pɔyzin stil tranga ɛn i kin kam wit dayarɛa ɛn vɔmit, dɛn kin tek am as sik we de mek pɔsin gɛt bɛlɛ. bay we dɛn de p□yzin dɛn de □ndastand □nli da k□ndish□n de we de afekt di □l □ganism ɛn de trɛt di pɔsin we dɛn du am wit day kwik kwik wan. Dis we ya, dɛn kin sakrifays bɔku pipul dɛn we nɔ du natin!

Man dɛm n□ de si di dɔti we de pas insay dɛn at ɛn vein dɛm tru di mɛdi□m f□ it ɛvride, ɛn we i sidon layt afta layɛr pan di w□l dɛm na di vessel dɛm, i de s□m dɛn pasɛj dɛm ɛn wan de st□p di blɔd s□k□sh□n wan de, s□t -sighted pipul dɛm de tek di tin we de apin as "unexpected."

Man dɛn nɔ kin notis di bad bad prɛshɔn we ebi ebi wata we kin flɔd kin rɔsh go na wan big big dɛm we gɛt bɔku bɔku tan dɛn. Bɔt we da dɛm de, we bin de shek shek fɔ lɔng tɛm ɔnda di impak we dɛn wata dɛn de we bin de flɔd bin de ambɔg, fɔdɔm las las, dɛn kin se na di ston we wan smɔl pikin bin aksidɛntli trowe pan am. Wi dɔn si di kɔrɛkt kɔnsɛpshɔn we pɔsin we de it raw kin gɛt bɔt di tin dɛn we kin mek pɔsin gɛt kansa. Agens dis, di 400 "carcinogenic agents" we risach sayɛnsman dɛm prɛzɛnt to wi, we gɛt adikshɔn to it we dɛn kuk, we pan dɛn tin ya de lɛk mɛkanikal iritashɔn ɛn sigrɛt bɔn, nɔ gɛt valyu pas di ston we di pikin trowe.

Ɛvri ɔgan gɛt bɔku bɔku sɛl dɛn bay di wok we dɛn de du togɛda we dɛn de du di wok we da ɔgan de de du. We di it we dɛn fos pan dɛn sɛl dɛn de nɔ gɛt sɔm impɔtant tin dɛn, di sɛl dɛn kin bigin fɔ lɔs dɛn pawa ɛn dɛn nɔ kin yuz dɛn igen. Di ɛnaji we dɛn dɔn kip naw kin kam na di fil, bɔt i nɔ tu te, dɛnsɛf kin dɔn. So lɔng as di ɔgan de du in wok sɔm kayn we ɔ ɔda we, pipul dɛn we nɔ de si shɔt nɔ de si di rɛd layt; bɔt we las las i de biɛn pan di tin dɛn we i de du, dɛn kin se da kayn ɔgan de sik ɛn dɛn kin yuz mɛrɛsin. Bɔt, i pɔsibul se smɔl pil ɔ wan doz pɔyzin kin ɛva tek di ples fɔ di tin dɛn we de mek di it dɛn we dɛn dɔn bɔn pan faya fɔ lɔng lɔng tɛm ɛn go bak to di sɛl dɛn we gɛt disabled di kapasiti we dɛn dɔn lɔs fɔ spɛshal wok?

afta yu ledɔm na di alimɛnt kanal fɔ sɔm dez, bɔku bɔku mit, eg, bɔta ɛn chiz kin rɔtin ɛn mek di intestinal dɛn inflamɛns, di tin we kin apin mɔ na dayarɛa. Bɔt we pikin rili sho sayn dɛn fɔ dayarɛa, dɛn kin put di wan ol blem pan sɔm frut skin dɛn we dɛn kin si na di fes. Nɔbɔdi nɔ de aks aw frut-skin kin mek ɛni inflamɛns na di pikin in bɔdi we, we dɛn nɔ gɛt ɛni pɔt ɔ rɔtin, dɛn kin lɛf di bɔdi we nɔ chenj insay sɔm awa afta dɛn kam insay. Di ɔl bad bad tin kin apin bikɔs pipul dɛn kin tek eg, mit, bɔta ɛn ɔni as nɔmal ɛn impɔtant tin fɔ it, bɔt frut as sɔntin we sɛkɔndari, we dɛn kin it ɔ nɔ kin it. Sɔntɛnde, dɛn kin ivin tek am se i impɔtant fɔ ban pikin dɛn fɔ it frut so dat "nɔ go mek dɛn bɛlɛ nɔ de wok fayn."

Di Wet we Pɔsin we Kuk-It Gɛt Nɔ Go Bi Krayteriɔn fɔ Gud Wɛlbɔdi.

Fɔ Fat Na di Sik we Denja pas ɔl

As lɔng as di mɔtalman ɔrganizm stil ebul fɔ tinap agens sɔntin we nɔ natin it ɛn fɔ kɔntinyu fɔ fɛt am, difrɛn kɔmplen dɛn kin mek dɛn apia, lɛk we i nɔ kin want fɔ it, we i nɔ kin it fayn, we gɛt bɛlɛ ɛn ɔda prɔblɛm dɛn na in bɛlɛ, kɔlaytis, ɛn ɔda tin dɛn. □l dis na di aut□d ɛksprɛsh□n f□ di str□g we di □ganism de str□g f□ yuz ɛvri mins at in

dispɔzishɔn fɔ mek i nɔ gɛt di bad tin dɛn we pɔsin kin du we i it we nɔto in natura ɛn fɔ pul di pɔyzin tin dɛn we i de mek kɔmɔt na di bɔdi. di sikman kin bigin f□ l□s in wet ɛn afta dat dɛn kin tray f□ mek i trɛnk bay we dɛn de gi am "nutritious" it dɛm. Di de we di ɔrganizm dɔn win ɛn in strɛch dɔn, man kin ɔl tu tɛl dis wɔl fayn fayn wan ɔ, difrɛn frɔm dat, in apɛtit kin bɔku ɛn i kin bigin fɔ it we i nɔ satis, fɔ dayjɛst fayn, fɔ put in wet, "fɔ gɛt in wɛlbɔdi bak." ɛn trɛnk." in ɔda wɔd, na da de de di mɔtalman ɔrganizm, we i lɛf in strɛch, "adapt" insɛf to di it we nɔto natin ɛn di fawndeshɔn de le wan pan di sik dɛn we denja pas ɔl pan mɔtalman — we nɔ gɛt natura.

we di prɛsh□n we di it dɛm we n□ n□mal de gi, dɛn de fos di b□di f□ akomoda insɛf ɛn f□ admit insay di □ganism dɛm we de k□m□t difrɛn bad bad tin dɛm we dɛn kayn it dɛm de mek. afta dat di diposit dɛm de f□m fr□m fɛt, yurik asid ɛn in dɛrivɛt dɛm, k□lɛstɛrin, k□m□n s□lt, ɛksy□s likwid dɛm, k□lkyul, siro f□mesh□n, t□m□ro, inaktiv ɛn parasayt sɛl dɛm, m□ltinyukliet jayant sɛl dɛm (polykaryocytes), sɛl dɛm wit ovasayz nyuklios (megakaryocytes), ɛtk. s□mtɛm dɛn sɛl dɛm ya kin rich s□m □ndrɛd tɛm di sayz f□ di n□mal sɛl dɛm, b□t dɛn n□ kin ebul f□ du eni yusful wok.

Ɔl dɛn monstrositi dɛn de gɛda na di bɔdi fɔ mek insay man di ilyushɔn fɔ wɛlbɔdi ɛn trɛnk, we in rilitɔs i de sɔfa wit smɔl smɔl we i de wik. In mɔsul dɛn kin tan ɛn wik, di nɔmba fɔ in spɛshal ɛn aktif sɛl dɛn kin gro smɔl, ɛn in ɔgan dɛn kin west. Dɛn "stout," "robust" man dɛm we gɛt bulging paunches, tik fat an dɛm, podgy an dɛm ɛn ovahanging layers of fat, we wi wɔl bɔku, na, in rialiti, skel dɛm we dɛn kɔba wit skin. Ɛni wan pan dɛn dɔn lod in wik ɛn smɔl mɔsul dɛn wit wan fat ship, we i de it fɔ natin ɛn kɛr go ɔlsay wit insɛf. Bɔt, i strenj fɔ se, dɛn kayn pipul ya kin kɔntinyu fɔ bost bɔt dɛn wɛlbɔdi, trɛnk ɛn trɛnk.

Dɛn so proud fɔ dɛn stoutness dat, ɛnitɛm we dɛn tɔk bɔt am we dɛn de tɔk, dɛn kin tɔch wud ɔ, na di Is, dɛn kin kray; so dat dɛn nɔ go lɔs wan gren pan di wet we dɛn rili lɛk. Wan kin ful-ɔp wan duzin volyum dɛn wit ɛgzampul dɛn bɔt dis kayn bad bad tin we kin apin we pɔsin nɔ de si tin.

No Mɛrɛsin nɔ Go ebul fɔ tek di ples fɔ di Raw Materials we dɛn dɔn pwɛl na di faya

Ɔl di mɛrɛsin dɛn we dɛn kin yuz ɔlsay na di bɔdi kin gɛt sɔm sayn dɛn. In ɔda wɔd, dɛn kin wok lɛk tin dɛn we de mek di pɔsin fil fayn fɔ sɔm tɛm ɔ fɔ ayd di sayn dɛm fɔ di sik. I nɔ go ebul fɔ tek di ples fɔ di raw tin dɛn we dɛn dɔn pwɛl na di pɔt ɛn pan dɛn fɔ kuk. Bɔku big big sayɛnsman dɛn nɔ gri fɔ yuz drɔgs. Insay Ingland, afta we dɛn bin dɔn du bɔku bɔku risach fɔ 4 ɛn af ia bɔt wan big pat pan di Inglish pipul dɛn we gɛt mɔni, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf na Pɛkam bin kam fɔ no se na nayn pasɛnt pan di pipul dɛn nɔmɔ bin de ɛnjɔy gud wɛlbɔdi; di ɔda 91 pasɛnt pan di pipul dɛn bin sik, pan ɔl we bɔku pan dɛn nɔ bin no se dɛn sik. Afta klinik tritmɛnt dɛn k□nklush□n na bin se k□l□s□l witout ɛksɛpsh□n □l di diz□rd dɛm we dɛn sɛlekt f□ tɛrapi bin rɛsp□nd to di tritmɛnt, b□t afta dat dɛn bin si wan mak dɛtiriush□n in di jɛnar□l hɛlth f□ di pasɛnsh□n dɛm. Dis min se drɔgs kin jɔs ayd di sayn dɛm fɔ wan sik, ɛn di bad tin we dɛn kin du kin ad pan di ɔrganizm we dɔn ɔlrɛdi wik fɔ mek in kɔndishɔn wɔs.
So, ɛnibɔdi we want fɔ nɔ sik ɔ if i dɔn ɔlrɛdi sik, fɔ gɛt wɛlbɔdi bak, nɔ fɔ pin in op pan drɔgs; bifo dat, i nɔ fɔ tek it ɛn drɔgs we nɔto in yon, ɛn i fɔ liv akɔdin to di lɔ dɛn we de na di wɔl bay we i de it raw!

Dis na di tru, sef ɛn sayɛns we, we drɔg tɛrapi na, fɔ kot Bircher-Benner, na jɔs "deceit and trickery." Insay mi opinion, dɛn kin kɔl am mɔ i fayn fɔ kɔl ilyushɔn ɛn fɔ ful yusɛf. Nietzsche dɔn kɔl drɔgs "di lash dɛm fɔ di wip." I izi fɔ mek dɔktɔ dɛn biliv se wetin a tɔk na tru bay we dɛn sheb dɛn ɔspitul pasɛnt dɛn to tu ikwal grup dɛn, trit wan pan di grup dɛn bay we dɛn de yuz drɔgs ɛn it we dɛn kuk, di ɔda wan bay we dɛn de it tin dɛn we dɛn nɔ it nɔmɔ, dɔn dɛn kɔmpia di tu tin dɛn we dɛn dɔn fɛn wit dɛnsɛf. Dis na di besik ɛn disisiv tɛst, ɔdasay ɛvri argumɛnt agens raw-it go kɔntinyu fɔ bi witout di lɛst valyu ɔ valyu. Lɛ wi ɛksplen wetin wi tɔk wit sɔm ɛgzampul dɛn frɔm di tritmɛnt we dɛn kin gi pɔsin we gɛt sik dɛn

Pen na di wɔnin sayn we de sho se di bɔdi de pan denja, di kray we wi ɔrganizm de kray fɔ ɛp. Bɔt bifo wi pul dis denja, wi kin kil di nerv dɛn we de mek wi bren fil dis denja ɛn mek dɛn vɔys nɔ tɔk natin bay we wi yuz pɔyzin. Dis tɛm ya, di sik kin tek in kɔs we nɔ go ɛva apin, ɛn i kin wɔs naw bikɔs ɔf di bad tin dɛn we di mɛrɛsin f□ gi □da ɛgzampl: we di pasɛj dɛm na wi at dɛm de gro s□mtɛm bay we dɛn ful□p wit dɔti, di at gɛt f□ yuz b□ku f□s f□ mek di bl□d go tru di b□di ɛn as a rizulta di b□di prɛsh□n de go □p. Bɔt bifo wi klin wi blɔd vesel dɛn frɔm dɛn dɔti dɛn de, wi jɔs de yuz pɔyzin fɔ mek dɛn nerv dɛn de we ebul fɔ strɛch ɛn mek dɛn pasej big. So lɔng as di pɔyzin de wok fayn, di blɔd kin flɔ tru di vessel dɛn fri wan ɛn di prɛshɔn kin fɔdɔm fɔ sɔm tɛm. Bɔt as soon as di ifɛkt pas, di vessel dɛn kin go bak to di we aw dɛn bin de trade, ɛn dɛn kin wik mɔ ɛn mɔ bikɔs di drɔgs dɛn we dɛn yuz de du.

No drɔg nɔ de we nɔ gɛt bad bad afta-fɛkt pan di ɔrganizm. Bɔt na dis biɛn tɛm nɔmɔ smɔl nɔmba pan buk dɛn dɔn kɔmɔt we de tɔk bɔt dis tɔpik, wan pan dɛn, "Reactions with Drug Therapy" (1955), we Dɔktɔ Hari L. Alɛgzanda, we na Ɛmɛritas Prɔfɛsɔ fɔ Klinik Mɛdisin, Washinton Yunivasiti Mɛdikal Skul, rayt , de gi wi bɔku tin dɛn we go ɛp wi. Na tru se, jɛnɛral wan dɛn kin tek drɔgs fɔ ɔl dɛn kɔmplikeshɔn ɛn riakshɔn dɛn we kin kil di pɔsin wantɛm wantɛm ɔ mek dɛn apia insay di fɔm fɔ siriɔs sik dɛn. Ivin da tɛm de, na wan pan ɛvri tawzin pan dɛn prɔblɛm dɛn de nɔmɔ dɛn kin rili rayt; di ɔda wan dɛn stil de na fɔgɛt we go de sote go.

Dɛn dɔn establish se ɛvri wan pan di 350,000 tin dɛn we dɛn kin yuz fɔ pripia drɔgs kin ebul fɔ mek kɔmplikeshɔn. Bɔt pan dɛn wan dɛn we denja pas ɔl na penisilin, ɔriɔmaysin, strɛptomaysin, mɛkuri kɔmpawnd, sɔlfɔnamid grup fɔ drɔgs, dijital, vaksin, sɛrum, sɛntetik vaytamɛn (thiamin, niacin, ɛn ɔda wan dɛn), atɔfan, kɔtizɔn, liva ɛkstrakt, insulin, adrenaline ɛn bɔku ɔda drɔgs dɛn we pipul dɛn kin yuz.

I impɔtant fɔ tek tɛm tink bɔt dis kwɛstyɔn. Sintetik vaytam in dɛm ɛn ɔrganik ɛkstrakt dɛm, we pipul dɛn want fɔ riples di nyutritiv kɔnstituɛnt dɛm ɛn dɛn prɔdak dɛm we dɛn bɔn na di kichin, de kil pɔsin wit laytin spid, bɔku tɛm insay fayv minit afta dɛn go insay di bɔdi. Insay 1951, 324 milyɔn, ɛn insay 1952, dɛn bin put 350 milyɔn gram penisilin nɔmɔ insay mɔtalman blɔd fɔ mek dɛn go tek di ples fɔ di natura antibayɔtiks we dɛn bin de bɔn na di kichin.

Afta dɛn dɔn put dɛn na mɔtalman bɔdi, drɔgs kin kil bɔku bɔku pipul dɛn, sɔm tɛm dɛn de insay fayv to tɛn minit, tru anafylaksis, we tɛn tawzin ɔda pipul dɛn kin gɛt bɔku bɔku sik dɛn, we wi kin tɔk bɔt nettle-rash, dɛmatitis, prickly ɔt, ɛkzema, purpura, brɔnkial asma, polyarteritis, sirosis na di liva, janda, nɛfrayt, nɛfrɔsis, aplastik anemia, sɛrum sik ɛn skabi.

Pipul dɛn kin want fɔ tɔn dɛn yay pan di rispɔnsibiliti fɔ dɛn drɔgs ya fɔ mek dɛn day ɛn sik ya, ɛn fɔ put di blem pan di supa sɛnsitiv we di bɔdi gɛt. Bɔt as to wetin de mek dis supa sɛnsitiv, dɛn pas oba di kwɛstyɔn insay kwayɛt.

Mi po pikin dɛn bin de gɛt dɛn kayn sik dɛn de ɛn sik dɛn na dɛn skin bɔku tɛm insay di ia. Wi go tray ɔltɛm fɔ luk fɔ di fɔlt pan di it we dɛn de it, ɛn di dɔktɔ dɛn we de gi bɔndɛl prɛskrishɔn dɛn nɔ ɛva tɔk wan wɔd bɔt di denja dɛn we di mɛrɛsin dɛn we dɛn gi dɛn gɛt. Lɛk bɔku bɔku ɔda pipul dɛn, wi bin biliv se mɛrɛsin na fɔ mɛn pipul dɛn nɔmɔ, nɔto fɔ mek dɛn sik. Wan tɛm, mi pikin dɛn ɔl tu bin ledɔm wit janda di sem de. Wi bin sɔprayz, bikɔs wi bin no se janda nɔto sik we kin ambɔg dɛn ɔl tu togɛda. Tide, natin nɔ de we a go du fɔ mek mi kɔnshɛns nɔ de sɔfa pas fɔ wɔn ɔda mama ɛn papa dɛn bɔt dɛn kayn denja dɛn de.

Naw i sɔri fɔ wach aw di drɔgs dɛn we denja pas ɔl de pɔpul bay di ɛp we swit siŋ dɛn ɛn fayn fayn pikchɔ dɛn de gi as tin dɛn we go bɛnifit pipul dɛn we dɛn kin tek ɛvride. Fɔ tru, na sɔm kɔntri dɛn, .

dɛn dɔn tɔn mɛrɛsin ɛn famasi to big big tin dɛn we de mɔna pipul dɛn fɔ du biznɛs ɛn fɔ mek dɛn gɛt mɔni.

If pɔsin it raw, dat go mek dɛn nɔ yuz ɔlkayn mɛrɛsin wantɛm wantɛm, bikɔs if sik nɔ de, i nɔ go nid fɔ tek drɔgs.
Sik na di tin dɛn we kin kɔmɔt frɔm di we aw di it dɛn kin pwɛl; dɛn kin jɔs win dɛn, so, bay we wi kɔrɛkt wi it. Ɔl di tray we wi de tray fɔ win sik dɛn bay we wi de tek drɔgs na tin dɛn we rili denja, we nɔ gɛt sɛns, ɛn we nɔ go ebul fɔ du am. Ɔlrɛdi di bad bad tin dɛn we kin apin to wi de luk wi na wi fes.

Nyu kayn sik dɛn kin kɔntinyu fɔ apia; smɔl smɔl sik kin gi ples to mɔr siriɔs disɔda. As a rizulta man dɛm de k□ntinyu f□ pripia nyu kayn sɛrum ɛn vaksin dɛm, dɛn de f□nsh□n str□ng ɛn str□ng antibaytik dɛm ɛn s□mtɛm dɛn de involv insay wan mazi we de mek mistek, k□mplikɛsh□n ɛn disasta.

Wan chenj we nɔbɔdi nɔ si yet ɛn we na di men tin fɔ mek na di say we dɛn de tɔk bɔt mɛrɛsin. Ɔl di ɔnɛs ɛn pɔblik-spirit dɔktɔ dɛn fɔ grap wan tɛm ɛn tek aktif step fɔ mek dɛn nɔ pwɛl di impɔtant raw matirial we dɛn bin dɔn mek fɔ di mɔtalman faktri.

Fɔ pipul dɛn we nɔ de si shɔt, fɔ it raw-eating tan lɛk wan ritɔn to di fɔstɛm layf we di man we bin de bifo di istri bin gɛt. Fɔ tru, no big shem nɔ de fɔ sivilizayshɔn pas di opareshɔn dɛn fɔ kuk ɛn rifin. Di pɔsin we de it raw kin jɔs lɛf di misɛf we di tin dɛn we dɛn kɔl sik dɛn we sivilizayshɔn gɛt kin mek i nɔ gri fɔ tɔn di tɛknikal prɔgrɛs we sivilizayshɔn dɔn gi am to we fɔ pwɛl di klin we mɔtalman raw matirial klin. If nɔto dat, i nɔ de fɔgɛt di fayn we aw i de tɔk na fon, travul wit plen ɔ kip in frut fresh na in frij.

Fɔ lɔng tɛm naw, man dɛn dɔn so blaynd ɛn nɔ no natin, so dɛn kin si ɔltɛm se fɔ it tin dɛn we dɛn kuk as tin we dɛn kin du. Ɛn naw, we fɔ di fɔs tɛm we dɛn yɛri bɔt raw-it, dɛn kin tek am as sɔntin we strenj ɛn we kin mek pipul dɛn want fɔ no mɔ, bɔt fɔ tru, na di we aw di tin dɛn we dɛn kin it na di wɔl kin pwɛl bay we dɛn de kuk na in kin bi mɔ

nɔ natin, strenj ɛn want fɔ no mɔ, ɛn we dɛn fɔ rayt na istri as di big big fulish tin we Mɔtalman dɔn du.

Kuk-It ɛn Drug Tɛrapi de Lida di Mɔtalman Ras fɔ Utter Anihilation

Bɔku kayn big big animal dɛn bin dɔn de na dis wɔl trade ɛn afta dat dɛn dɔn dɔnawe wit dɛn kpatakpata. Naw, na wit in yon an mɔtalman de mek bad bad tin dɛn we go dɔnawe wit am wan de na dis wɔl. Paralel wit di pr□sɛs we di it dɛm de dɛgɛnɛsh□n, difrɛn sik dɛm de inkrɛs. Bifo bɔku ɔda jɛnɛreshɔn dɛn go pas, pipul dɛn go day wit sik dɛn we de ambɔg dɛn at ɛn kansa bifo dɛn rich di ej fɔ bɔn pikin ɛn dɛn go gɛt di chans fɔ mek dɛn ebul fɔ bɔn pikin. Frɔm di spid we dɛn sik dɛn de dɔn bɔku insay di las sɔm dikɛd ia dɛn we de mek wi fred, i izi fɔ si bifo tɛm se if man dɛn stil kɔntinyu fɔ du dɛn fulish tin, da de we bad bad tin go apin nɔ go de fa.

Di sayɛnsman we de sho di bɛnifit dɛn we pɔsin kin gɛt we i de it kuk ɛn tek drɔgs, tan lɛk di biznɛsman we, we i de nia fɔ bankrupt, gladi fɔ kɔnt in peni dɛn, ɛn i kin lɔk in yay fɔ di bɔku bɔku lɔs dɛn we de luk am na in fes. Di las rizɔlt fɔ ɛni biznɛs fɔ jɔj bay in las balans shit. Lɛ wi si us bɛnifit ɛn bɛnifit dɛn we sivilizayt mɔtalman dɔn ebul fɔ gɛt fɔ insɛf bay di tin dɛn we i dɔn fɛn bɔt kuk ɛn mɛrɛsin, we yu kɔmpia am to di wan dɛn we bɔku bɔku difrɛn animal dɛn de ɛnjɔy. Man kin gɛt difrɛn sik dɛn pas ɛni ɔda pɔsin.

Afta dɛn dɔn fɛn di vaytamɛn dɛn, mɔtalman fɔ dɔn gɛt di sɛns fɔ no wantɛm wantɛm se bay we i de kuk i de pwɛl insay natura it dɛn dɛn sem tin dɛn de we di absɛns de mek i dɔn kwik. I fɔ dɔn put da west de dɔn wan tɛm fɔ ɔltɛm ɛn i fɔ dɔn protɛkt di imyuniti fɔ di natura it dɛn fɔ mek i nɔ pwɛl. Bɔt di fayn fayn tin dɛn we dɛn kin kuk kin mek i nɔ ebul fɔ du ɔl dɛn kayn tin dɛn ya we dɛn kin tray fɔ mek nyu tin dɛn. Adikshɔn kin win sayɛ

insay in talon dɛn. Na da tɛm de, we dɛn stil de tay fast fast pan it we dɛn kuk, man dɛn kin tray fɔ go insay di sikrit dɛn we de insay di it dɛn, fɔ no dɛn tin dɛn de we kin pwɛl we dɛn de kuk ɛn prosɛs, ɛn afta dat dɛn kin yuz sɛntetik tin dɛn fɔ tek in ples. Yu nɔ tink se na ful fɔ bɔn ɛn pwɛl dɛn impɔtant tin dɛn de wit yu yon an, fɔ sik, fɔ tinap nia di grev ɛn afta dat, fɔ tray fɔ sev yusɛf bay we yu de ful pɔsin we nɔ gɛt op? Wi fɔ mɛmba di tru tin se dɛn tin dɛn de nɔ jɔs de fɔ di 40 ɛn 50 vaytamɛn dɛn we di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf no bɔt. Bɔku pan dɛn de so i nɔ go pɔsibul fɔ mek wan kɔrɛkt pikchɔ bɔt dɛn kwalitatif ɛn kwantiti prɔpati fɔ bɔku bɔku ia we gɛt fɔ kam. Lɛ wi tink fɔ smɔl tɛm se wan de sayɛnsman dɛn go ebul fɔ no ɔl dɛn difrɛn kayn dɛn. Dɔn, fɔ mek dɛn go yuz atifishal we fɔ riples di tin dɛn we dɛn trowe wit wit nɔmɔ, dɛn go nid bɔku bɔku prɛskrishɔn ɛn pripiamɛnt fɔ ɛvri pɔsin, nɔto fɔ tɔk bɔt di kɔst dɛn we dɛn nɔ fɔ pe fɔ.

Bay di risach we dɛn du pan difrɛn difrɛn kayn frut, vɛjitebul ɛn grens, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt adikshɔn to it dɛnsɛf pruv se natura l it dɛn gɛt di prɔpati fɔ mɛn ɔlmost ɔl kayn sik. Bɔt pipul dɛn nɔ want fɔ gri se mɔtalman nɔ go gɛt dɛn sik dɛn de if dɛn it am nɔmɔ wit natura l it frɔm we i smɔl. Frɔm di biginin, di tin we dɛn kin tink bɔt fɔ lɛf fɔ it tin dɛn we dɛn dɔn kuk kin mek dɛn nɔ ebul fɔ tink klia wan, dɔn sayɛns kin gi in ples to adikshɔn.

Natural Foodstuffs Nɔ fɔ Yuz am bay Dɔkta dɛn as Jɔs Tɛmporari Tɛrapi We. Dɛn Fɔ Deklare Dɛn As di Onli Diet we Fit fɔ Mɔtalman

Bɔku dɔktɔ dɛn we de go bifo kin kɔndɛm fɔ tek drɔgs. Sɔm pan dɛn kin so disapɔynt wit di nɔ fayn tin dɛn we dɛn kin gɛt we dɛn de trit dɛn wit drɔgs so dat dɛn kin lɛf fɔ du mɛrɛsin ɛn dɛn kin gi dɛnsɛf fɔ stɔdi di men prɔblɛm dɛn we kin apin we dɛn nɔ gɛt sik. Wan pan dɛn na wan bigman na Swizaland we nem Bircher-Benner, we a dɔn introduks sɔm shɔt transleshɔn dɛn frɔm in Jaman stɔdi dɛn na mi Aminian buk. We Bircher Benner bin bigin fɔ wok fɔ mɛn pipul dɛn, i bin

i nɔ bin gladi wit di we aw dɛn de mɛn pipul dɛn naw se we i apin fɔ mek i no di fayn fayn tin dɛn we di natura it dɛn gɛt, i bigin fɔ mɛn in pasɛnt dɛn bay di ɛp we natura l it de ɛp am, we i nɔ tek ɛni drɔgs. I nɔ tu te, bɔku bɔku pasɛnt dɛn, we difrɛn dɔktɔ dɛn ɔlsay na di wɔl nɔ bin dɔn trit dɛn we nɔ bin gɛt ɛni rizɔlt, bin go na in sanatorium na Zurich ɛn insay wan rili shɔt tɛm dɛn bin gɛt kɔmplit mɛrɛsin bay raw veganism.

Bɔt Bircher-Benner bin tek raw it as "therapeutic means," nɔto as di onli it we fit fɔ ɔl di biin. As if man dɛn f□ it dɛn sɛf pan tin dɛm we n□ n□mal f□ it rayt fr□m dɛn pikin ɛn afta dat, we dɛn d□n sik, f□ k□l dɛm bay di "thɛrapi it" we dɛn d□n ol. Bɔt dis paradoks we i tan lɛk se bin gɛt in patikyula rizin dɛn. Fɔs, nɔbɔdi nɔ de na di wɔl, ivin di fɔs pɔsin we sabi bɔt raw nyutrishɔn, Bircher-Benner, we no se kuk- it na adikshɔn ɛn di want we pipul dɛn kin fil fɔ kuk it nɔto angri ɔ di bayolojikal dimand fɔ di sɛl dɛn.

Dɔn, as dɔktɔ, dɛn bin dɔn tren Bircher-Benner fɔ mɛn sik dɛn we bin dɔn de. Nɔbɔdi nɔ bin fɔ dɔn pe am ɛni fi, ɔ ivin tek am siriɔs, if i bin dɔn advatayz na pɔblik wan sistɛm fɔ it tin dɛn we go mek mɔtalman nɔ gɛt ɛni sik.

Na di prɛsɛn mɔnt tu difrɛn we dɛn de fɔ si tin bɔt it. Wan pan dɛn de difend fɔ it raw, di ɔda wan de favɔret it we dɛn kuk; wan pan dɛn de advatayz veganism, di ɔda wan lɛk animal it. Naw sayɛns nɔto pɔlitiks. Di man we gɛt di rɔng we fɔ tink nɔ gɛt rayt fɔ put in mistek ɛn bad tin dɛn pan pikin dɛn we nɔ du natin. Na di impɔtant tin we wi de aks fɔ insay wi tɛm fɔ mek dɛn chɛk dɛn tu we dɛn de fɔ si tin na intanashɔnal sayɛns ɛn kɔlchɔ sɛklɔ dɛn, so dat dɛn go kɔndɛm di wan we nɔ rayt, ɛn dɛn go anawns di tru wan to di pipul dɛn ɛn put am na jenɛral prɔ

Fɔs, dɛn pipul dɛn de we gɛt simpul maynd ɛn we nɔ want fɔ go insay di dip dip tin dɛn we di prɔblɛm de, kin tink se di gud we fɔ it raw-eating nɔto sɔntin we pɔsin kin rili no kwik kwik wan ɛn man dɛn nɔ go tu rɛdi fɔ lɛf dɛn dip rut abit dɛn. Bɔt dis na di

adikshɔn, nɔto sayɛns. Bɔt sayɛns fɔ kɔmɔt nia adikshɔn. Wi fɔ admit fɔs se raw it na di rial ɛn kɔmplit raw matirial we fit fɔ di mɔtalman ɔrganizm, afta dat lɛ di wan dɛn we want fɔ pwɛl di raw matirial fɔ dɛnsɛf ɛn dɛn pikin dɛn du am to dɛn at.

Fɔs ples wi fɔ mek yus to di ɛkspiriɛns we wi gɛt frɔm raw-it fɔ kɔrɛkt wan tɛm di lay lay tin dɛn we bɔku pipul dɛn kin tink bɔt na di sayɛns bɔt it, we dɛn kin tek di it dɛn we impɔtant pas ɔl as tin dɛn we kin ambɔg pɔsin, we dɛn kin rɛkɔmɛnd di wan dɛn we rili bad as we gɛt wɛlbɔdi. Wi fɔ no klia wan se, witout ɛni ɛksɛpshɔn, ɔl dɛn kes dɛm we dɛn nɔ fɔ it raw it fɔ di wan dɛn we wik, di wan dɛn we sik, di wan dɛn we de sɔfa wit bɛlɛ disɔda ɛn ɔda sik dɛn, na jɔs dɛn it dɛn we dɛn nɔ fɔ it we go mɛn, sɔpɔt ɛn mek di sik pipul dɛn gɛt trɛnk .

Insay dɛn kayn kes ya, nɔto kwɛstyɔn igen fɔ lɛf wan bad abit. Bifo dat, di pɔsin we sik naw de aks fɔ frut, bɔt wi nɔ gri fɔ gi am; i kin fil sik wit it we dɛn kuk, bɔt wi kin mek i gɛt smɔl mɔ; wi kin tek di frut na pikin in an ɛn fos sɔm it we dɛn dɔn kuk fɔ kam dɔŋ in trot. In ɔda wɔd, wi kin mek dɛn ɛnd kwik kwik wan bay we wi kin fos dɛn fɔ it dɛn it dɛn de we dɔn mek dɛn sik ɛn nɔ ebul fɔ du natin. If dɛn kɔrɛkt pipul dɛn we nɔ ɔndastand dis kayn tin nɔmɔ, dat go mek di nɔmba fɔ di wan dɛn we de day bifo tɛm nɔ bɔku bay 50 pasɛnt.

Fɔ mek wi go biliv se dɛn tin ya we dɛn tɔk de na tru nɔto ɔda we pas fɔ put raw-it insay prɔsis fɔ sɔm mɔnt, ɛn ɔlman we gɛt sɛns fɔ tray dis ɛkspiriɛns. Na dis we ya, dɛn go put wan las ɛnd pan di mistek ɛn kɔntradikshɔn we dɛn de tink bɔt it we de naw.

In di layt fɔ raw-it di bɛsis prinsipul dɛm fɔ nyutrishɔn nɔ de igen kɔntinyu fɔ de na yunivasiti ɛn risach institiut dɛn; bifo dat, dɛn kin bi tin dɛn we ɔl mɔtalman impɔtant pas ɔl. Fɔ nɔmal pipul dɛn, dɛn kin tɔk bɔt di sayɛns nem dɛn fɔ bɔku bɔku it dɛn, dɛn kɔmplikɛt fɔmula dɛn ɛn di lɔng, taya we dɛn de tɔk bɔt di tin dɛn we dɛn gɛt fɔ it ɛn di bɛnifit dɛn we dɛn kin gɛt, dɛn kin tɔk bɔt am insay tri

wɔd dɛn nɔmɔ: RAW VEGAN FOOD, ɔ di kɔmplit raw matirial fɔ mɔtalman bɔdi.

So, raw-it kin bi wan ideal apat frɔm di sayɛns fɔ mɛrɛsin, wan ideal we dɛn kin ɛksplen nɔto bay sayɛns fɔmula, bɔt bay lɔjik, in pruf dɛn na di lɔ dɛn we nɔ go ɛva chenj na di nature ɛn di bɛsis rizulyt dɛn we dɛn kin gɛt frɔm di bɛsis ɛkspiriɛns.

Wi Nɔ Fɔ Ɛva Plɛs di Integriti fɔ di Mɔtalman Raw

Di tin dɛn we dɛn kin yuz fɔ mek tin dɛn

Mɔtalman bɔdi na wan kɔmplikɛt faktri. I kin stil bi se i fayn fɔ tek am as big wɔl we gɛt faktri ɛn sistɛm dɛn insay di minin se ɛvri sɛl we dɛn tek apat na insɛf na kɔmplikɛt faktri we, insay in yon tɛm, gɛt bɔku ɔda faktri dɛn. Te naw, sayɛnsman dɛn we de du risach dɔn ebul fɔ fɛn lɛk tɛn tawzin pat dɛn na ɛni sɛl. l gland gan dɛm gɛt bku mlyan dɛm kayn sɛl dɛm ya, ɛn na frm di kmbaynshn f dɛn gland dɛm, gan dɛm, sistɛm dɛm, skel ɛn skin we di mtalman bdi de fm.

Fɔ mek dɛn ebul fɔ du dɛn wok fayn fayn wan, dɛn fɔ gi dɛn faktri ɛn sistɛm dɛn ya we rili kɔmplikt, raw matirial we gɛt tɛn tawzin difrɛn tin dɛn, ɛn ɛni wan pan dɛn gɛt in spɛshal wok fɔ du insay di jenɛral ɔganayzeshɔn fɔ di mɔtalman ɔrganizm. Dɛn kin mek ɔl dɛn tin dɛn de bay di ɛp we di san de gi dɛn ɛn dɛn kin bɔku na plant dɛn. Fɔ ɛgzampul, wan sid, lif ɔ wan gren kɔn gɛt ɔl dɛn tin dɛn we impɔtant to animal ɔrganizm. Naw, pan ɔl we dɛn tin dɛn de difrɛn pan difrɛn plant dɛn we i kam pan dɛn kɔmpɔzishɔn ɛn arenjmɛnt, dis nɔ impɔtant bɛtɛ, bikɔs afta dɛn dɔn put dɛn insay di ɔrganizm dɛn kin brok dɔŋ ɛn mek dɛn bak, we dɛn de du dis prɔses wan tin kin chenj to ɔda tin. So, di ɔrganizm ebul fɔ chenj di kwantiti dɛm fɔ di difrɛn tin dɛm we de insay di bɔdi akɔdin to wetin i nid, bɔt if wan patikyula kemikal ɛlimɛnt nɔ de i nɔ kin ebul fɔ briŋ da ɛlimɛnt de we nɔ de insay di ɔrganizm ɔ tek ɔda ɛlimɛnt in ples.

f□ egzampl, i n□ p□sibul f□ f□ no na di lab□t□ri ɛni big big k□nsantresh□n □f kalsi□m, vaytam in □ protin dɛm na klova, yet na fr□m klova ɛn fr□m stil k□m□n gras dɛm we animal dɛn de tek □l dɛn vaytamɛn ɛn minral s□lt, ɛn k□nstr□kt dɛn big big bon dɛm , bɔdi ɛn fat. in oda wod, in ples f□ di milk, di b□ta, di chiz, di bren, di liva ɛn di mit we pipul dɛm we n□ de si s□t rɛkomɛnd as s□s f□ kalsi□m, f□sf□r, vaytamɛn ɛn "ful-balans" protin dɛm, klova n□m□ kin bi rɛkomɛnd, bikɔs na frɔm klova ɔl dɛn tin dɛn de kɔmɔt. So, i nɔ gɛt wan minin atɔl, i nɔ gɛt wan valyu ɛn i ivin bad fɔ tɔk se dis kayn it gɛt wan patikyula vaytamɛn, we ɔda wan gɛt bɔku wan patikyula minral, bikɔs, apat frɔm we dɛn de mek pipul dɛn ful ɛn kɔnfyus, dɛn kayn tin ya nɔ de sav ɛni yusful rizin.

di men wok dɛm we di nyutritiv k□nstituɛnt dɛm na di □ganism de du na tri tɛm. Fɔs, dɛn kin bi bildin matirial fɔ bil ɛn ridyus di sɛl dɛn; afta dat dɛn de prodyuz di enɛji we dɛn nid f□ put dɛn sɛl dɛm de insay muvmɛnt ɛn gi di b□di wam, ɛn las wan, dɛn de gi di spɛshal sɛl dɛm di raw mɛtirial dɛm we dɛn nid f□ dɛn prodaktiv aktiviti dɛm.

I impɔtant fɔ mek wi kia fɔ wi ɔrganizm wit di sem kia we pɔsin we de mek am de kia fɔ in faktri. akɔdin to dis, fɔ di ɔpreshɔn fɔ di tri-fɔl fɛnshɔn dɛn we wi dɔn tɔk bɔt wi fɔ saplae wi bɔdi wit ɔl di nyutritiv kɔnstituɛnt dɛn we nid as wan impɔtant ɔl ɛn insay di sem balans prɔpɔshɔn dɛn we nature de prɛzɛnt dɛn to wi. if n□to dat, if dɛfisit de pan ɛni wan pan di k□nstituɛnt dɛm, dis f□s go inevitably gɛt bad ifekt pan di k□nstr□ksh□n ɛn wok f□ di □ganism.

Bɔt aw di sivilizayt man tide de trit in yon bɔdi? I de skata, bɔn, kil ɛn pwɛl di integriti fɔ in raw matirial ɛn afta dat i de ful in bɛlɛ at random wit di day ɛn pɔyzin bɔdi dɛn. dis we ya, we i it wan patikyula k□nstityush□n kin pas di n□mal tin dɛm we in □ganism nid bay □ndrɛd tɛm, wit k□rɛsp□ndɛnt dɛfisiɛns f□ di intake f□ s□m □da k□nstityush□n.

Frɔm mit we dɛn kuk, dɛn kin mek wayt bred, makaroni, rays, swit, bɔta we dɛn dɔn klarify ɛn majarin, dɛn kin mek sɛl dɛn we nɔ ebul fɔ du, we na parasayt we gɛt wan rili simpul strɔkchɔ, ɛn ɔnda di wet we di pɔsin we gɛt adikshɔn to it kin butu. Risach sayɛnsman dɛn kin pruv izi wan se 50, 100 ɔ 200 ia bifo dis tɛm, mɔtalman in dispɔzishɔn bin de mɔs wit di tin we bin de mek pɔsin tan pasmak. Dɛn tɛm dɛn de, mɔtalman bin gɛt mɔ pawa fɔ tinap tranga wan ɛn mɔtalman bɔdi bin ebul fɔ bia wit tin dɛn we nɔto in natura ɛn fɔ mek dɛn nɔ put dɛn kayn tin dɛn ya pasmak bay we i nɔ bin want fɔ it, dayarɛa, vɔmit ɛn ɔda tin dɛn lɛk dat. □ltu, as tɛm de go di m□talman □ganism de giv to di prɛsh□n f□ di it dɛm we dɛn d□n d□n, "adopt" insɛf to dɛm, ɛn alaw dɛn pikin dɛm f□ f□t we n□ de s□t ɛn di chubbiness f□ dɛn fes. Dɛn pipul ya bin bi di fɔs wan dɛn fɔ mek ɛn afta dat fɔ sɔpɔt simpul, nɔ gɛt wan valyu, ɛn nɔ aktif sɛl dɛn we kɔrɛkt to dɛn yon strɔkchɔ. Na dat mek tide, tin nɔ kin bɔku ɛn di wɔl ful-ɔp wit di ɔgly, unnatural corpulent.

Tide, bɔku pikin dɛn kin bɔn wit bad bad lod we nɔ gɛt wan valyu ɛn sɛl dɛn we nɔ de wok. Dɛn mama ɛn papa we gɛt simpul maynd kin proud fɔ di we aw dɛn bebi dɛn kin fat ɛn dɛn fes kin swɛt. Sɔntɛnde, dis plumpness kin rili big dat i kin mek di wan dɛn we ɔndastand aw i rili fred. Bɔt stil, pipul dɛn we nɔ gɛt sɛns kin sho dɛn bad bad tin dɛn de we de na dɛn paket dɛn we dɛn kin it pikin dɛn as sayn dɛn we shɔ se dɛn gɛt wɛlbɔdi.

di m□talman □ganism de mek big tray f□ kip □nda s□m k□ntr□l di in□dinet inkrɛs f□ di parasayt ɛn yusles sɛl dɛm, bay we i de sheb dɛm oba □l di fri pat dɛm na di b□di: na di □p ɛn l□w pat dɛm, rawnd di chin, □nda di skin na di bɛlɛ ɛn di hip dɛn, ɛn ɔda say dɛn. Bɔt i kin apin so wan wan tɛm sɔm pan dɛn sɛl dɛn de kin ebul fɔ shek da kɔntrol de, fɔ separet dɛnsɛf frɔm kɔmyuniti layf, fɔ bi indipɛndɛnt, fɔ bigin wan wan layf ɛn fɔ bɔku witout limit. b□ku tɛm di □ganism kin ebul f□ kip grup dɛm f□ dɛn sɛl dɛm we dɛn inv□l□p na wan ples ɛn i kin mek dɛn n□ spre. afta dat dɛn k□l di growth we de k□m□t "benign neoplasm" □ "benign tumor" ɛn i f□ difrɛnt fr□m dat growth we de branch fri wan to di difrɛn pat dɛm na di b□di

f□ mek i go bifo pan protin dɛm (ɛn spɛshal wan animal protin dɛm), ɛn we dɛn k□l "malignant neoplasm" □ j□s kɛnsar.

I nid fɔ ɛksplen di tru tin se nɔto fɔ kuk nɔmɔ de mek di it dɛn nɔ gɛt bɛtɛ tin fɔ it. Wait flawa ɛn rays we dɛn dɔn polish na tin dɛn we kin ambɔg pɔsin ivin we dɛn it am raw. Ivin dray straw nɔto pafɛkt it, pan ɔl we i ebul fɔ kip layf layf. Di pafɛkt it kin bi di wit in stik wit di yes, if dɛn it am grin insay di sɔmma ɛn dray insay di winta. Fɔ di kaw ɛn di ship dɛn nɔ go ebul fɔ tek di kɔmɔn gras we de na di mawnten as pafɛkt it. Dɛn animal dɛn de dɔn go tru dɛn evolushɔn insay fri nature, dɛn de it gras, lif, frut ɛn vɛjitebul dɛn wan tɛm. Na dat mek patikyula kes dɛm fɔ sik kin apin bitwin dɛn animal dɛm we dɛn dɔn dinay, tru di intavɛnshɔn fɔ mɔtalman, di it dɛm we fit di tin dɛm we dɛn sɛl dɛn nid. Bɔt pan ɔl dat, nɔto ɛni tɛm di ɔgan dɛn fɔ animal dɛn we de it di gras dɛn we kɔmɔn pas ɔl nɔ kin gɛt prɔblɛm dɛn lɛk mɔtalman yon; ɛn maykirɔb dɛn nɔ de mek dɛn fred lɛk aw dɛn de fred wi, fɔ di simpul rizin we mek dɛn nɔ gɛt kichin. If i nɔ pɔsibul fɔ gi di kansa sɛl dɛn di ay kwaliti dɛn we nɔmal sɛl dɛn gɛt ɛn fɔ mek dɛn kam bak na di kɔmyuniti in bɔdi bay we dɛn it frut dɛn, we rili nɔ gɛt bɛtɛ prɔtin, bɔt we gɛt bɔku vaytamɛn ɛn ɔda tin dɛn we de insay di di ays nyutritiv valyu, den no drɔg na di wɔl nɔ go ɛva ebul fɔ du da wok de. Ɔl di tray we dɛn de tray fɔ mɛn kansa bay we dɛn de yuz mɛrɛsin ɛn ɔpreshɔn na fɔ natin ɛn dɛn nɔ go ebul fɔ du am atɔl. Bɔt man we gɛt sɛns nɔ fɔ ɛva sɔfa wit kansa if i nɔ mek di tin dɛn we i de yuz fɔ mek tin nɔ fayn.

So, di sel dɛm we dɛn k□m□t fr□m k□k□ ɛn rays, sup, b□di liva, bred ɛn b□ta, □ni, jam ɛn swit dɛm n□ gɛt di kapasiti f□ du ɛni yusful wok. di aktv, spɛshal ɛn komplit hɛlty sɛl dɛm na di m□talman b□di dɛn b□n n□m□ fr□m raw frut ɛn vɛgɛtebul dɛm; in oda wod, f□ dɛn protin dɛm we de introd□ks insay di m□talman b□di t□wzin difrɛn nyutritiv k□nstituɛnt dɛm na dɛn nɛch□ral ɛn liv stet, ɛn we di f□d adik deign f□ it s□mtɛm as s□m kayn "n□n-nutritiv" l□gz. Ɔlman fɔ du am naw

fɔ ebul fɔ no di big big kraym we di mama ɔ papa we tɛl in pikin fɔ mek i nɔ pwɛl in apɛtit wit frut bifo i it dina bikɔs i fɔ it in it jisnɔ. Dis tan lɛk fɔ tɛl am se i nɔ fɔ it di tawzin difrɛn raw matirial dɛn we impɔtant fɔ in ɔrganizm insay dɛn natura ɛn layf stet, bɔt fɔ wet fɔ di bɔdi dɛn we dɔn day ɛn we nɔ gɛt layf fɔ sɔm pan dɛn, we i go gi am i nɔ go te igen i kin bi di we aw dɛn kin it.

Pipul dɛn we de it kuk kin gladi we dɛn tink se di it dɛn we dɛn kin it gɛt bɔku kalori. Naw, di kalori dɛn kin yusful nɔmɔ we dɛn tek ful advantej pan dɛn. we di n□mba f□ di m□sul sɛl dɛm s□m, ɛn ivin dɛn wan dɛm wik, sik ɛn dɛn n□ de ɛlastik, di big pat pan di kalori dɛm de stil de we dɛn n□ de yuz ɛn, afta dɛn k□z b□ku t□blɛm to di b□di, dɛn de lɛf di □ganism insay di f□m we dɛn n□ want ɔt, ɛn dɛn kin lɔs fɔ natin. We wi layt faya na di opin ɛj, di ɛnaji we da faya de gɛt kin lɔs fɔ yus, bɔt we wi bɔn da faya de na di motoka na faktri, i kin du ɔl wetin i want. We di pɔsin we gɛt adikshɔn to it kin yuz it dɛn we dɛn kuk, i kin mek i it di kalori dɛn we i gɛt tri ɔ 4 tɛm pas di tin dɛn we in ɔrganizm nid fɔ du. di kalori dɛm we dɛn kin gɛt fr□m raw it dɛm de ful□p dɛn pr□p□z, bi□s dɛn kayn it dɛm de wit □l di tin dɛm we nid f□ yuz dɛn kalori dɛm de.

I fɔ bi di wok fɔ di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf ɛn di dɔktɔ dɛn fɔ ɛnkɔrej pipul dɛn fɔ nɔ separet di tin dɛn we de mek di bɔdi fayn frɔm dɛnsɛf, bɔt fɔ it dɛn togɛda ɔltɛm, insay dɛn natura l balans prɔpɔshɔn ɛn wit dɛn layf sɛl dɛn. Dɛn nɔ fɔ ɛva tɔk bɔt di yusful we wan wan nyutritiv kɔnstituɛnt dɛn gɛt, bɔt dɛn fɔ ɛksplen se dɛn impɔtant; jɔs lɛk aw wi de si di klin we petrol klin nɔto jɔs fɔ yus fɔ di plen, bɔt as sɔntin we nɔ impɔtant. Dɛn nɔ fɔ ɛva tɔk bɔt di bɛnifit dɛn we ɛni patikyula vaytamɛn gɛt, bɔt dɛn fɔ strɛs pan di denja dɛn we kin mek dɛn nɔ gɛt wan

Jɛnɛral wan, di wan ol sayɛns bɔt it kin sɔmariz insay tu men pɔynt ɛn mek ɔlman bisin bɔt:

1.M□talman it f□ k□nsis □l di sɛl dɛm we de liv. Nɔmɔ dɛn it dɛm we k□nsis f□ liv sɛl dɛm gɛt □l di kwaliti dɛm we nid f□ satisfay di dimand dɛm f□ di m□talman □ganism. Mɔtalman nɔto pɔsin we de it nɛkrɔfag. I nɔ go ebul fɔ it bif pas fɔ kech flay na di ays ɛn swɛla am layf layf wan, ɔ kɔt wan animal we i de it lɛk wayl animal ɛn it am wit ɔl in insay ɛn bon dɛn fɔ but.

2.Dɛn de □l tu k□m□n ɛn ch□ys vɛgɛtebul b□di dɛm na di nature. di vɛgɛtebul b□di dɛm we pafɛkt ɛn we de gi b□ku b□ku tin dɛm na di bɛtɛ vɛgɛtebul dɛm, grɛn vɛgɛtebul, siri□s ɛn rut dɛm.

We mɔtalman it it we dɛn kuk, i kin lɔk in apɛtit wit tri pan 4 difrɛn kayn tin dɛn we dɔn pwɛl ɛn i kin mek in ɔrganizm nɔ gɛt di tawzin ɔda impɔtant tin dɛn we de insay in bɔdi. Wan strɛch pruf fɔ dis asɛsmɛnt na di tru tin se pan tawzin mɛrɛsin prɛskrishɔn dɛn i at fɔ fɛn wan we dɛn nɔ spɛsifa sɔm vaytamɛn ɔ ɔda wan, bɔt yu nɔ go rili mit prɛskrishɔn usay dɛn tɔk bɔt di nem dɛn fɔ di prɔtin, fat ɛn kabɔhaydrɛt.

Fɔ tɔk smɔl, man kin ɛnjɔy pafɛkt wɛlbɔdi we i de it raw vegan it nɔmɔ, i sik te i it it we dɛn kuk ɛn i kin day we i de liv wit dis kayn it nɔmɔ.

Aw Dɛn kin Bɔn Sik dɛn

Lɛ wi tek wan gland we gɛt bɔku bɔku sɛl dɛn. Dɛn sɛl ya gɛt bɔku kayn, ɛn ɛni wan pan dɛn gɛt in patikyula wok ɔ di wok we i fɔ du. so, m□skul sɛl dɛm ɛn ɛpitel sɛl dɛm de, ɛn nɛv sɛl dɛm ɛn sɛl dɛm de f□ b□ku □da tin dɛm. Bɔt di men wok we di sɛl dɛn na ɛni gland de du na fɔ pul wata.

di gland dɛm f□ man we de it it we dɛn kuk gɛt dɛn ful kompliment f□ sɛl dɛm, s□mtɛm ivin m□r, b□t na wan kwata □ 5 pan dɛm n□m□ fit f□ eni yusful wok, ɛn dat n□ rili fayn. Protɛin we de mek pɔsin gɛt

n□m□, spɛshal wan di dɛd animal protin we pipul dɛm we n□ de si s□t de tek as di pafɛkt bildin mɛtirial, kin at m□st k□l insay di simpul str□kch□ n□m□ f□ wan sɛl we n□ shep, we n□ ebul f□ ebul ɛn we n□ yus f□ wan primitiv t□p. insay dɛn str□kch□, dɛn sɛl dɛm ya lɛk dɛn primitiv □ganism dɛm we gɛt di m□st ɛlimɛntɛri k□rakt we mek dɛn f□s apinɛns na di w□l insay di f□s stej dɛm f□ evolush□nal divɛl□pmɛnt ɛn we dɛn k□nstr□kt wit di k□m□n bildin mɛtirial: protin, fɛt ɛn k□bhaydret.

Bɔt insay di kɔs fɔ di bɔku bɔku sɛntiwɔd dɛn we de afta dat, dɛn fɔstɛm wan sɛl ɔrganizm dɛn de dɔn go tru wan lɔng evolushɔn prɔses bay di ɛp we di tin dɛn we gɛt di ay kwaliti de ɛp dɛn, dat na di vaytamɛn dɛn ɛn di minral dɛn we wi no ɛn we wi nɔ no.
Insay da evolushɔn de dɛn bin divɛlɔp ɛn bɔn difrɛn mɔ kɔmpleks ɔrganizm dɛn. wi kin si di s□m rɛkapitulɛsh□n f□ dis histrikal divɛl□pmɛnt f□ di □ganism dɛm na di ɛmbriyo f□ wan animal, fr□m di tɛm we i fɛtilayz te to in ful divɛl□pmɛnt. di sem pr□sɛs de ripit we di wan wan m□talman sɛl dɛm de divɛl□p.

insay wan givɛn gland, ɛvri spɛshal sɛl gɛt patikyula mɛkanism dɛm, we dɛn kin □nli □ganayz ɛn mek f□ gɛt di kapasiti f□ aktv wok bay di saplai f□ spɛshal nyutritiv k□nstituɛnt dɛm.
Naw, di raw matirial dɛn we nid fɔ di prodaktiv wok dɛn we dɛn mɛkanism dɛn de du, na raw it nɔmɔ kin gi dɛn. No bi nɔ go ebul fɔ mek ɔni wit di nɛktɔ we de na di flawa dɛn we dɛn dɔn kuk!

we di spɛshal tin dɛm we de insay di sɛl n□ rich di sɛl in b□ku, in divɛl□pmɛnt de slo □ i kin ivin st□p. dis kin mek difrɛn sik sɛl dɛm, lɛk fɛt, anaplastik, malign □ kɛnsar sɛl dɛm, makrofag, megakaryocytes, polykaryocytes, ɛn □da tin dɛm.

So, nɔto jɔs bɔku pan di sɛl dɛn na di gland we wi de tɔk bɔt nɔ kin du dat atɛn spɛshalization (difrɛns), b□t bak di raw mɛtirial dɛm we nid f□ sekresh□n f□ f□s f□s sɛl dɛm we stil de rɛtɛn di abiliti f□ wok as a rizulɛt we di gland n□ ebul f□ mɛnten in pr□p lɛvɛl f□ prodaksh□n. Na dis we ya di gland de

we dɛn afɛkt wit sik. divɛl□pmɛnt we n□ satisfay ɛn di sɛl dɛm we n□ de wok fayn kin apin bak na □l di □da □gan dɛm ɛn sistɛm dɛm, we kin mek di k□rɛsp□ndɛnt sik dɛm de apin.

Sɔntɛnde, wan patikyula gland ɔ ɔgan kin pwɛl so dat dat fɔ pul am kin bi sɔntin we pɔsin nɔ go ebul fɔ avɔyd. Bifo man dɛn tek di tin dɛn we dɛn kin du fɔ mek dɛn nɔ pwɛl da ɔgan de fɔs, dɛn kin tek di big trɔbul fɔ pul am ɛn afta dat dɛn kin prayz fɔ du dis kayn mirekul. Fɔ raw vegan pɔsin i rili klia se nɔ drɔg nɔ go ebul fɔ mek wan sɛl we dɔn pwɛl bak to in nɔmal kɔndishɔn ɛn gi am bak in rayt kapasiti fɔ wok.

Di pɔsin we de it raw nɔ de fred di maykroba dɛn, bikɔs dɛn protɛkt am agens dɛn bay natura pawa dɛn. di maykrob dɛm n□ kin du bad to di ful divɛl□pmɛnt ɛn spɛshal (difrɛnt) sɛl dɛm. Dɛn kin spre dɛn bad bad tin dɛn pan di wik ɛn dilik sɛl dɛn.

In rialiti di pɔsin we de it kuk gɛt fɔ pe in ɛgzistens to dɛn smɔl raw it dɛn we sɔntɛnde i kin it jɔs fɔ ɛnjɔy insɛf, ɛn i nɔ kin tink bɔt dɛn ful impɔtants. Naw, bikɔs di mɔtalman ɔrganizm kin kɔntinyu fɔ de pan smɔl tin we nɔ pɔsibul fɔ biliv, dɛn smɔl smɔl raw it dɛn de go du fɔ mek i kɔntinyu fɔ liv fɔ sɔm tɛm.

Tide, ivin di big big pipul dɛn we sabi bɔt it kin tink se fɔ rɔtin ɛn dɔti na di wangren tin we nɔ fayn na di it.
Dɛn kin tek ɔl dɛn it dɛn we fresh, klin ɛn "kuk fayn fayn wan" as tin dɛn we gɛt fayn fayn tin dɛn, we gɛt wɛlbɔdi ɛn we nɔmal. I tan lɛk se di absɛns ɔf tawzin impɔtant kɔnstituɛnt dɛn insay dɛn nɔ de wɔri dɛn atɔl. We dɛn mɛmba dɛn bɔt am, dɛn kin ansa se dɛnsɛf de it frut. Dis na ansa we nɔ gɛt sɛns pas ɔl. di sik dɛm we di m□talman gɛt de k□m□t fr□m di tru tin we wi separet di nyutritiv k□nstityush□n dɛm fr□m wan an ɛn afta dat wi it dɛm sɛparat wan, lɛk se na bay chans, we wi n□ gɛt ɛni pr□p plan.

Di nyutritiv valyu fɔ it dɛn fɔ fɛn nɔto insay di difrɛns di it dɛm we dɛn it, b□t insay di difrɛn k□nstituɛnt dɛm we de k□m□p

dɛn tin dɛn de fɔ it. Di gras we kɔmɔn pas ɔl, insɛf, rich mɔ pan di kwantiti fɔ in nyutritiv kɔnstituɛnt dɛn ɛn di wan ol kɔlekɛshɔn fɔ di bɔku bɔku it dɛn we dɛn kin gi na di mɔs sumptuous bankwet dɛn. Dis na di jɔjmɛnt we sayɛns dɔn mek.

Bɔku mɛdikal kɔnfrɛns dɛn kin apin fɔ mek dɛn nɔ gɛt sik dɛn usay, afta dɛn dɔn tɔk fɔ lɔng tɛm bɔt sɛkɔndari sɔbjɛkt dɛn, di wan dɛn we de bifo pan mɛdikal sayɛns kin gɛda rawnd tebul dɛn we dɛn dɔn drɛs fayn fayn wan fɔ dɛn dina. Dɔn, we dɛn nɔ de pe atɛnshɔn to di bɛsis ɛn ful-balanced it dɛn, we dɛn mek na di wɔndaful laboratori fɔ di nature fɔ mek dɛn nɔ gɛt sik dɛn ɛn we gɛt bɔku bɔku tin dɛn we gɛt layf, dɛn kin ful-ɔp dɛnsɛf tru dish dɛn wit di bɔdi dɛn we dɔn pwɛl ɛn we dɔn day. Di tin we wɔs pas ɔl na dat, bɔku pan dɛn, we kin tek di tin dɛn we dɛn kin yuz fɔ it as tin dɛn we nɔ rili impɔtant, kin dɔn dɛn program fɔ it tin dɛn wit kɔfi ɛn sigrɛt. Mek dɔktɔ dɛn ɛkskyuz mi fɔ dis strikt, bɔt afta dɛn dɔn tink smɔl, dɛn fɔ rili gri wit mi se dis nɔto di rayt sistɛm fɔ it ɛn i dɔn rich di rayt tɛm fɔ mek dɛn siriɔs wan tink bɔt fɔ mek wan bɛsik chenj na di prɛsɛn mistek kɔstɔm fɔ it.

Wan tɛm na sɔm kɔntri dɛn na Eshia, dɛn bin de it kriminal dɛn we dɛn bin dɔn kɔndɛm fɔ day, dɛn bin de it mit we dɛn kuk nɔmɔ. Dɛn kin day insay 28-30 dez, bɔt if i angri kpatakpata wan man kin de alayv fɔ lɛk 70 dez. Dis min se nɔto jɔs mit we dɛn kuk na po it, bɔt, wit di pɔyzin we i de mek, i rili na pɔyzin we de kil pɔsin insay shɔt tɛm.

Bɔku pipul dɛn no se pipul dɛn we de it bɔku bɔku rays we dɛn dɔn polish kin gɛt beriberi, we kin kil di pɔsin afta we i dɔn mek i sɔfa bad bad wan. Naw sɔntɛm di impɔtant sayn fɔ beriberi na polyneuritis, bɔt nɔto dis nɔmɔ de sho di sik; na jɔs wan pan bɔku bɔku sayn dɛm. Ɛn nɔto di wangren tin we kin mek pɔsin gɛt dis sik we pɔsin nɔ gɛt vaytamɛn B1, lɛk aw dɛn kin tink. Polish rays nɔ gɛt ɛni wan pan di vaytamɛn dɛn we dɛn no ɔ we dɛn nɔ no. Wait bred ɛn, in jɔnal, ɔl di prɛparashɔn dɛn

frɔm wayt flawa gɛt di sem kwaliti dɛn we rays we dɛn dɔn polish gɛt. Na di sem tin kin apin to atifishal shuga ɛn klarifyed fat, we na wan ɔ di ɔda wan nɔmɔ pan di tawzin tin dɛn we de mek di bɔdi fayn.

Di it dɛm we wi dɔn tɔk bɔt, we de mek di men it we di pɔsin we de it kuk kin it, na di men tin dɛn we kin mek pɔsin day, na dɛn nɔmɔ kin kil pɔsin ɔnda di kɔs fɔ dayarɛa, sik dɛn we kin pas, rɔmatik, gaut, sklɛrosis, dayabitis, apopleksi, kansa ɛn bɔku bɔku wan ɔda sik d Sɔntɛnde dɛn kin kil we dɛn ol wan ia nɔmɔ, ɔda tɛm dɛn we dɛn ol fayv, 10, 50 ɔ 70 ia, i kin dipen pan di rilitiv prɔpɔshɔn fɔ di tu kategori fɔ it dɛn we dɛn it (kuk it ɛn raw nyutrimɛnt) ɛn di digri we dɛn gɛt frɔm dɛn mama ɛn papa resistans we dɛn kin transmit to di pɔsin.

Bikɔs dɛn nɔ de it fayn, tide bɔku mama dɛn nɔ gɛt milk fɔ gi dɛn pikin dɛn milk, ɛn so sɔm pan dɛn kin gi dɛn pikin dɛn dray milk, biskit, wayt bred ɛn ti. Na tru se di pikin kin bigin fɔ west ɛn wik. Di pikin dɛn ɔspitul ɛn ɔfɛnij dɛn na di wɔl ful-ɔp wit dɛn kayn sik pipul dɛn de.

I go du fɔ gi dɛn kayn pikin dɛn de tu tumble frut jus nɔmɔ ɛvride fɔ mek dɛn go gɛt dɛn wɛlbɔdi bak ɔlsay insay tu wiks. Bɔt di wan dɛn we de it tin dɛn we gɛt adikshɔn to it, we nɔ de pe atɛnshɔn to di nid fɔ it frut, kin du ɔlkayn tin dɛn we kin mek i fil pen pan di pikin in bɔdi we dɔn west, ɛn afta dɛn dɔn pul di las drɔp blɔd frɔm am, dɛn kin tray fɔ gi am tin fɔ it wit dray milk, we na mit we dɛn pul , atifishal vaytamɛn dɛn ɛn difrɛn drɔgs dɛn. In ɔda wɔd, we dɛn nɔ tek di wanwɔd balans we di nyutrishɔn kɔnstituɛnt dɛn we di nature de gi fri wan, dɛn kin bigin fɔ mek ɛkspiriɛns pan di emaciated bɔdi fɔ da pikin de bay we dɛn de yuz sɔm tin dɛn we dɛn dɔn gɛt sɔm smɔl smɔl no bɔt na dɛn lɛbɔraytri. If da pikin de nɔ gɛt ɛni natura l it sɔm kayn we ɔ ɔda we, i go, fɔ tru, day ɛn dɛn kayn day dɛn de, fɔ tru, kin apin to bɔku bɔku pipul dɛn. Bɔt, wetin stil rili bad na dat, bɔku naive dieticians nɔ de alaw dɛn kayn pikin ya fɔ it raw frut wit di biliv se dɛn wik bɛlɛ nɔ go ebul fɔ digest am ɔ, if i fayn, dɛn kin lɛf di kwɛshɔn bɔt frut to di diskreshɔn fɔ di pikin dɛn mama ɛn pa

i as wan lɔjishɔn we nɔ nid we nɔ impɔtant. Witnɛs di tru tin se na bɔku ɔspitul dɛn yu go si mit, biskit, dray milk, shuga, ti, majarin, rays, wayt bred, atifishal vaytamɛn ɛn mɛrɛsin dɛn lɛk aw yu want, bɔt yu nɔ go si wan tin fɔ swɛt frut jus, ɛn fɔ bay frut nɔ ivin fɔ bi pɔsin. Dɛn kin pul bɔku bɔku pikin dɛn bɔdi na dɛn kayn ɔspitul dɛn de, bɔt nɔbɔdi nɔ want fɔ ol di tin dɛn we nɔ de na di wɔl fɔ it fɔ mek dɛn day dɛn de.

A de apil to di umanitarian filin dɛm fɔ ɔl di dɔktɔ dɛm. Lɛ dɛn tink gud wan bɔt dis. A de aks ɔl di yunivasiti lɛkchɔra dɛm ɛn ɔl di rispɔnsibul bɔdi ɛn wɛlbɔdi ministri dɛm na ɛvri kɔntri na di wɔl if dɛn de wɔri fɔ di wɛlbɔdi ɛn wɛlbɔdi fɔ dɛn pipul dɛm ɔ nɔ de wɔri. If na so dɛn bi, dɛn fɔ bigin fɔ wok ɛn nɔ de te. Mi stetmɛnt dɛn nɔto jɔs hypothesis, bɔt na tru tin dɛn we nɔ go ɛva chenj, we a de prɛzɛnt to di wan we de rid nɔto as a rizulta fɔ ɛkspiriɛns dɛn pan gini pig, bɔt bay di liv ɛgzampul fɔ mi famili ɛn misɛf.

Di bɛst we fɔ mek dɛn nɔ gɛt ɛn mɛn sik dɛn ɛn di sem tɛm fɔ mek dɛn go ɔp di standad fɔ liv na fɔ mek ɛvri ministri fɔ wɛlbɔdi biznɛs sɛt wan badjɛt we nɔ impɔtant fɔ mek dɛn mek infɔmeshɔn dipatmɛnt dɛn, wit di klia rizin fɔ mek di pipul dɛn notis di bad tin we kin apin we pɔsin kuk, ɛn bak we pɔsin kin it we nɔ gɛt vaytamɛn, mɔ wayt bred, rays, mit, klarifyed fat, shuga, ti, kɔfi, drink dɛn we gɛt rɔm ɛn we nɔ gɛt rɔm. Dɔn dɛn fɔ mek pipul dɛn nɔ it it we dɛn kuk as fa as dɛn ebul ɛn mek dɛn chenj smɔl smɔl pan dɛn it we dɛn de it.

Naturally, as ɔl man nɔ gɛt sɛns, i nɔ pɔsibul fɔ mek ɔlman bi raw-eater wan tɛm, bɔt i impɔtant fɔ mek pipul dɛn no di rayt raw matirial dɛn na dɛn bɔdi frɔm we dɛn smɔl, fɔ fri dɛnsɛf frɔm mistek ɛn denja prejudis, ɛn fɔ no se nɔto chukchuk sup, rays, kɔtlɛt, eg ɛn bifstek de gi dɛn ɛn dɛn pikin dɛn wɛlbɔdi ɛn trɛnk, bɔt na wit we dɔn gro, karɔt, tomato, nɛt, greps ɛn ɔda tin dɛn.. Tek mi yon kes as ɛgzampul, bikɔs a bin de it mit ɛn ɔda tin dɛn we a kuk fɔ 52 ia, a bin dɔn lɔs ɔl mi trɛnk ɛn a bin ebul fɔ it

nɔ go ɔp tu stɛp we yu nɔ fil se yu nɔ de blo fayn; bɔt tide, afta a dɔn lɛf fɔ it tin dɛn we a kuk fɔ et ia, a kin ebul fɔ rɔn go ɔp mawnten dɛn wit di bɛst we.

a noh sabi pan wetin saientifik graund tide na big big pikin os en de nasri dem de put bohks biskit na di pikin dem dispozishon, fo ep dem sef eni taim we dem want.
Dɛn fɔ chenj di bɔks dɛn we gɛt dɛn bad bad tin dɛn de wit baskɛt dɛn we gɛt fresh frut, karɔt, kɔkumba ɛn tomato insay di sɔmma, ɛn we gɛt dray frut insay di kol sizin, we dɛn fɔ alaw pikin dɛn fɔ it fri wan ɛn ɔl di awa dɛn we dɛn want fɔ di de. Dɔn ɔlman go si aw, bay di lɔ dɛn we de na di wɔl, pikin dɛn go bigin fɔ it frut dɛn ɔtomɛtik wan instead fɔ it tin dɛn we dɔn pwɛl, ɛn dis go mek dɛn gɛt dɛn yon wɛlbɔdi wit dɛn yon an.

Di raw-eating system fɔ adopt na ɔspitul fɔ ɔl kayn fɔ di sik pipul dɛn ɛn di pipul dɛn fɔ no bɔt di rizɔlt dɛn we dɛn dɔn gɛt. Dɛn kin mek rifɔm dɛn we rili yusful na pɔblik rɛstɔrant dɛn. If yu nɔ pul di wan dɛn we gɛt adikshɔn fɔ it ɔl di "plez" dɛn we dɛn kin gɛt we dɛn kuk, pan ɔl we dɛn kin kil, fɔ di tɛm, i pɔsibul fɔ ridyus dɛn kwantiti bay at le 50 pasɛnt ɛn riples di lɔs wit fresh salad ɛn raw kɔmpɔt, ɛn bay di bɔku bɔku frut dɛn we de insay di sizin.
Dis we ya, nɔto jɔs di it dɛn go bi difrɛn ɛn fayn, bɔt di pipul dɛn wɛlbɔdi go strɔng bak, ɛn dɛn go sev bɔku mɔni na di pɔblik ikɔmi.

We di pipul dɛn dɔn no bɔt di bad tin dɛn we it we dɛn kuk kin du, dɛn go tray fɔ avɔyd dɛn. Dɛn go fɛn, bak, bɔku bɔku pipul dɛn we gɛt sɛns we, we dɛn drawn di vɔys fɔ dɛn adikshɔn, go fala wi ɛgzampul ɛn bay di prɔsis fɔ it raw-it kɔmplit wan go mek shɔ se dɛnsɛf ɛn dɛn famili gɛt pafɛkt wɛlbɔdi. Pipul dɛn we dɔn lɔs ɔl di op fɔ wɛl ɔ we dɔn pwɛl bikɔs ɔf di bɔdi we nɔ gɛt natin fɔ du wit dɛn bɔdi go no se, if dɛn strikt fɔ fala raw-it, insay sɔm mɔnt nɔmɔ dɛn go ebul fɔ gɛt di wɛlbɔdi we dɛn bin de drim ɔltɛm.

Pipul dɛn kin pablish bɔku buk dɛn fɔ sho aw dɛn kin mɛn dɛn prɔpati dɛn we difrɛn frut ɛn vɛjitebul dɛn gɛt, lɛk greps, dɛt, apul, ɔgan, anɔynt ɔ radish, ɛn bay we dɛn de divɛlɔp spɛshal we dɛn fɔ it dɛn, dɛn kin tray fɔ invɛst dɛn opareshɔn dɛn de wit di semblance of sayɛns prosiding. Fɔ tru, ɔl di kayn raw plant dɛn we pɔsin kin it na pafɛkt tin dɛn fɔ it ɛn dɛn gɛt di sem kwaliti dɛn. I nɔ mata us sik pɔsin de sɔfa, dɛn de satisfay wetin di ɔrganizm want, dɛn de rigul di wok we di ɔgan dɛn de du, dɛn de mek di pɔsin gɛt wɛlbɔdi bak. Dɛn fɔ put infɔmeshɔn bɔt dɛn kayn tru tin dɛn de na di pɔblik fɔ fri, bikɔs i nɔ fayn fɔ gɛt ɛni mɔni fɔ dɛn kayn advays dɛn de.

Di it we pɔsin we de it kuk kin it kin ful-ɔp wit tin dɛn we kin mek pɔsin day. Bɔku tɛm dɛn kin se it dɛn we de ambɔg pɔsin kin yusful, bɔt dɛn kin sho di wan dɛn we rili impɔtant as tin dɛn we kin ambɔg pɔsin ɛn dɛn kin ban am strikt wan. Dis na bikɔs di ɛkspiriɛns we pipul dɛn we de it kuk kin gɛt, na di tin dɛn we di it kin du wantɛm wantɛm, we kin apin ɛn we kin agens dɛnsɛf ɛn di mistek we dɛn kin kɔlkul we dɛn kin du na di lɛbɔtri. Bɔku bɔku pipul dɛn we nɔ du natin kin day bikɔs ɔf dɛn kɔlkyulɛshɔn dɛn de we nɔ gri wit dɛnsɛf ɛn we nɔ rayt.

Di gayd we pɔsin kin abop pan pas ɔl na di fawndeshɔnal ɛn pafɛkt ɛkspiriɛns we di pɔsin we de it raw gɛt, as a rizulta ɔl di mistek dɛn, kɔntradikshɔn ɛn misɔndastandin dɛn we de insay mɛdikal sayɛns, in jɔnaral, ɛn insay itɛttiks mɔ, dɛn kin briŋ kam na layt ɛn kɔrɛkt wan tɛm fɔ ɔlman. I nid fɔ mek bɔku ɛgzampul dɛn bɔt da ɛkspiriɛns de fa fawe ɛn fɔ mek ɔlman no bɔt di tin dɛn we dɛn dɔn gɛt.

Na di Wɔs Kraym fɔ Akɔstɔm Nyu Bɔn Bebi to Kuk tin dɛn

We ɔlman kin si klia wan se fɔ it kuk na abit we nɔto in natura, na in de mek ɔl mɔtalman sik ɛn na so bad bad adikshɔn dat wans man dɔn fɔdɔm pan in grip we nɔ de rigrɛt, di pɔsin we dɛn du bad to nɔ kin ebul fɔ fri insɛf kɔmɔt na in an bak.
Us rayt gɛt pɔsin we gɛt sɛns fɔ introduks am insay di ɔrganizm fɔ wan

inosɛnt nyu bɔn pikin bay in yon an? Us rayt i gɛt fɔ pwɛl in smɔl pikin in ɔgan dɛn wit it dɛn we dɛn dɔn bɔn, pwɛl, kil pan faya? Nɔto di kraym we nɔ gɛt sɔri-at pas ɔl di kraym dɛn, yu nɔ tink se na fɔ kil pɔsin, fɔ kil pɔsin we gɛt kruk? Mi sɛf dɔn kil mi tu pikin dɛn we a lɛk wit mi yon an da we de ɛn a rili no se di kraym big.

Fɔ tru, ɔl mama ɛn papa dɛn we gɛt adikshɔn to it na filicides. Insay di tɛm we wi de naw sɛntiwɔd nɔbɔdi nɔ de day natin nɔ de day. Ɔl di wan dɛn we de day na bikɔs ɔf sik dɛn we dɛn kin gɛt we dɛn kuk, ɛn di pipul dɛn we kin tich pikin dɛn fɔ it it we dɛn kuk na dɛn mama ɛn papa. Mama ɛn papa dɛn we de it kuk fɔ no gud gud wan se di wok fɔ ɛni sik ɛn dizayd we de na dɛn pikin dɛn, de na dɛn yon sholda. Dɛn fɔ tink gud wan bɔt dis tin bifo dɛn kɔntinyu fɔ du di mistek we di fawndesh□n f□ ɛvri kɛnsar □ at-strok dɛn de lay wit di f□s s□m it we dɛn kuk we dɛn gi di pikin, ivin we di sik de mek in apia we i d□n ol pas □l.

Dɛn kin tɔk se i nɔ kin izi fɔ mek big pipul dɛn nɔ gɛt it we dɛn kuk atɔl. So, if na so i bi, lɛ dɛn kɔntinyu fɔ du dɛn bad bad abit dɛn te dɛn at gladi. Bɔt wetin de mek dɛn bɔn di impɔtant raw matirial dɛn we bebi pikin gɛt, fɔ pwɛl, fɔ pul dɛn tin dɛn we impɔtant pas ɔl, fɔ chenj dɛn to tin dɛn we de ambɔg dɛn ɛn afta dat fɔ gi dɛn to di pikin? Dis inhuman bihayvya to inosent pikin dɛm, dis barbarism, fɔ mɔs dɔn.

No lɔ nɔ de na sayɛns we de mek mama ɔ papa nɔ gi in pikin wit we dɔn gro instead fɔ gi in pikin wayt bred, rays we dɛn dɔn polish ɔ makaroni; fresh jus fɔ karɔt, ɔrɛnj, greps ɛn apul instead ɔf dray milk; raw frut insted ɔf kɔmpɔt; walnut, amɔnd, bins we dɔn gro ɛn pis instead ɔf mit ɛn fat. We di pikin it raw it, i kin gɛt wɛlbɔdi, gladi at, lɔng layf, bɔt di ɔda it kin mek i gɛt sik ɛn day we i nɔ rich di rayt tɛm. Yu go biliv se di pikin want raw it wit ɔl in sol. I de dimand se i fɔ gɛt in raw matirial dɛn we dɛn nɔ pwɛl ɛn i gɛt rayt we nɔbɔdi nɔ go ebul fɔ agyu bɔt.

Di dɔktɔ ɔ di mama ɔ papa we nɔ gɛt kɔmɔn sɛns ɛn kɔnshɛns fɔ du wetin i want, ɛn i nɔ fɔ fred.

we di pikin ol tri □ f□ m□nt di □gan dɛm f□ di pikin bigin fɔ ɔpreshɔn irɛgyula, di dɔktɔ we nɔ de si shɔt kin gi tu ɔ tri kayn atifishal vaytamɛn dɛn insay di ples fɔ di tawzin tin dɛn we dɛn dɔn bɔn oba di faya, ɔ if i pas ɔl, i kin se, as sɔm kayn mɛrɛsin, fɔ tek sɔm frut dɛn we dɛn mɛzhɔ wit spɔnj jus, so dat i go mek in yon kɔnshɛns ɛn di pikin in mama ɛn papa in kɔnshɛns rɛst. Wetin mek pikin fɔ sɔfa wit vaytamɛn dɛfisiɛns, if na in an in mama nɔ de pwɛl di vaytamɛn dɛn we de insay natura l it dɛn?

Lɛ wi lɔk wi yay fɔ smɔl tɛm ɛn pikchɔ to wisɛf ɔl di mirekul we nature de du. As wi put wan gren wit insay di m□talman b□di f□ktri tru di m□t, di □ganism de tek da gren de, brok am d□n ɛn sheb am □lsay na di b□di. Di tawzin difrɛn tin dɛn we de insay da gren de de muv ɔlsay ɛn ɛni wan pan dɛn de go fɔ du in yon wok. So, di difrɛn nyutritiv k□nstituɛnt dɛm na wan gren wit de du tɛn t□z□n difrɛn wok dɛm ɛn k□ndukt di bayolojikal f□nsh□n dɛm f□ di □ganism witout n□ f□lt □ f□lt.

Bɔt wetin kin apin we wi introduks insay di bɛlɛ wan smɔl pat pan wayt bred? I de mek di bɛlɛ wok we nɔ gɛt ɛni aim; dɛn kin bɔn am ɛn tɔn am to ɔt we nɔ gɛt yus, ɔ if i fayn, i kin go fɔ ad sɔm brik ɔ ston dɛn we nɔ gɛt mɔta pan sɔm sɛl dɛn we nɔ gɛt wan valyu ɛn we nɔ gɛt wan valyu. Di at fɔ pɔsin we de it klin wit kin strɔng ɛn strɔng lɛk kɔn gren, ɛn di at fɔ pɔsin we it di wayt bred kin wik ɛn i kin brok lɛk di bred we i de it. Fɔ dis, witnɛs di nɔmba we de bɔku ɔltɛm fɔ mek dɛn at pwɛl.

If bay sɔm mirekul di wan ol wɔl kam fɔ no tide ɛn adopt di prɔsis fɔ it raw, wit di ɛksɛpshɔn fɔ sɔm patikyula kes dɛm we dɔn tu advans pan dɛn sik dɛm, nɔbɔdi nɔ go day bifo tɛm insay di nɛks tri ɔ fɔti ia, te dɛn ol

pipul dɛn kin ol pasmak. As i bi, pipul dɛn we kin day bikɔs dɛn it kuk kin pas bɔku tɛm pas di wan dɛn we kin day pan di big big wɔ dɛn.

Insay di nem fɔ ɛni pikin we nɔ ebul fɔ du natin, a de apil bak to ɔl sayɛnsman dɛn, . man dɛm we lan buk, lida dɛm fɔ neshɔn dɛm, ministri dɛm fɔ wɛlbɔdi biznɛs, mama ɛn papa dɛm ɛn man dɛm we gɛt gud at ɔlsay na di wɔl fɔ mek dɛn dɔn da bad bad kraym de agens smɔl pikin dɛm wantɛm wantɛm. Ɛvride we dɛn de delay, de mek bɔku bɔku pipul dɛn we nɔ du natin day. Pipul dɛn we dɔn big fri fɔ sakrifays dɛn layf to di fayn fayn tin dɛn we kin mek dɛn kuk ɛn dis kin mek dɛn kil dɛnsɛf, bɔt udat dɔn gi dɛn di rayt fɔ kil dɛn po pikin dɛn, mɔ we dɛn it dɛn de, we nɔ de gi dɛn ɛni gladi at, jɔs de ful-ɔp di pikin dem wit disgust? I nɔ mek sɛns fɔ agyu se we pikin big i go si ɔda pipul dɛn de it ɛn afta dat insɛf go fil want fɔ it. Fɔs, wan barbarism lɛk kuk-it nɔ kin las fɔ lɔng ɛn wi kin gɛt kɔnfidɛns fɔ luk fɔ di fɔs win we raw-it kin win. Dɔn, bɔku bɔku pipul dɛn de we de si di we aw ɔda pipul dɛn de drink te dɛn chak ɔ di we aw dɛn de tek drɔgs, bɔt dɛn kin kip dɛnsɛf fa frɔm dɛn kayn bad bad tin dɛn de. Mi pikin don ol 6 ia ɛn na in (Dis de tɔk bɔt 1963, we dɛn rayt dis pat na di buk) kin ɔndastand ɔltin; i de si di it we dɛn kuk we ɔda pipul dɛn de it, bɔt insɛf et am wit ɔl in sol. Us pɔsin we gɛt opium adikshɔn de tich in bebi pikin fɔ gɛt di abit fɔ tek drɔgs rayt frɔm di kredul? Us kɔmɔn sɛns de mek man sakrifays in yon bɔy pikin ɛn mek i bi pɔsin we i go de wit in bad bad abit dɛn we i nɔ lɛk fɔ du fɔ mek i go gri ɛn kɔntinyu fɔ gɛt in yon adikshɔn dɛn? Fɔs mek mama ɛn papa dɛn mɛn pikin we gɛt wɛlbɔdi akɔdin to di lɔ dɛn we Gɔd mek ɛn afta we i dɔn big, lɛ dɛn lɛf di tin dɛn we i go du tumara bambay to in yon fridɔm, jɔs lɛk aw dɛn kin du fɔ ɔl ɔda bad tin dɛn.

Afta i dɔn rid dɛn layn ya, no mama ɔ papa we gɛt sɛns nɔ go ebul fɔ fɛn jɔstis fɔ se ɔda ɔtoriti dɛn dɔn gi rili difrɛn advays. If i kɔntinyu fɔ nɔ pe atɛnshɔn to di trut vɔys, i fɔ tek di wok fɔ pwɛl in pikin in wɛlbɔdi ɛn fɔ pwɛl in tumara bambay. Pɔsin fɔ nɔ gɛt di mɔs ɛlimɛntri jɔjmɛnt fɔ riples 10,000 sɔbstans wit ziro sɔbstans, liv sɛl wit day sɛl, ful balans raw matirial wit dijenereted matirial, natura

nyutrimɛnt bay tin dɛn we nɔto natura, wit we dɔn gro wit wayt bred, grɛn pis bay mit, ɛn fresh frut bay jam.

Gastrolatrous Biologists Fɔ Pruv Se Nature Gɛt Mek Mistek we Yu Nɔ Prɛzɛnt Wi wit Fɔd insay a

Stet we dɛn dɔn kuk

A de apil na pɔblik to ɔl sayɛnsman dɛn ɔ fɔ kɔnfirm wetin a de tink ɛn deklare dɛn to di wan ol wɔl, ɔ fɔ pruv se we dɛn put natura l it dɛn pan faya, dɛn nɔ go lɔs di tin dɛn we de mek dɛn it ɔ di ɛnaji we de insay dɛn; n� day de apin pan di vɛgɛtebul sɛl dɛm we de alayv ɛn n� chenj de apin na di k�nstityush�n f� di at�m dɛm. Dɛn fɔ pruv mɔ se we dɛn de mek nyutriɛnt fɔ di mɔtalman ɔrganizm, machɔ dɔn mek mistek we i nɔ prɛzɛnt dɛn to wi wit di it dɛn we de na "purified", kuk ɔ bɔn stet, se di opareshɔn dɛn we dɛn de du na faktri ɛn na kichin na sayɛns mɛzhɔ dɛm we dɛn aim f� k�rekt di mistek dɛm we di nɛch�r de mek ɛn se di atifishal vaytamɛn dɛm we m�talman mek gɛt b�ku nyutrish�nal valyu pas di vaytamɛn dɛm we dɛn f�nsh�n na di nature. If dat nɔ ebul, dɛn fɔ admit di bad bad mistek dɛn we dɛn dɔn mek te naw ɛn, we dɛn dɔn pul di it dɛn we dɛn kuk wans fɔ ɔltɛm, dɛn fɔ rɔnawe pan di sɛns we di yunivas gɛt ɛn stɔp fɔ ambɔg di kɔmpɔzishɔn fɔ di natura it dɛn we di wɔl in nature mek. Mek di wan dɛn we de si dɛnsɛf as pipul dɛn we de it mit, it dɛn mit, if dɛn ebul, fresh ɛn ɔl, lɛk aw animal dɛn we de it bif kin du, ɛn dɛn nɔ kil in sɛl dɛn ɔ pwɛl am ɛni we.

Wi nɔ gɛt rayt fɔ mek di raw matirial dɛn we di nature mek fɔ di mɔtalman ɔrganizm nɔ gɛt wanwɔd we, wit ɔl di sayɛns we dɛn we wi gɛt, wi nɔ ebul fɔ mek di smɔl smɔl tin dɛn we gɛt wan sɛl; we, wit di ɛp f� �l di nyutritiv k�nstituɛnt dɛm we wi no, wi n� kin ebul f� fid wan �ganism artificially ɛn kip am layf f� l�ng; ɛn we wi nɔ ebul fɔ no wan tawzin pat pan di tin dɛn we de insay wan gren kɔn. Na tru se dɛn dɔn du bɔku risach ɛn dɛn dɔn mek bɔku prɔgrɛs fɔ no difrɛn tin dɛn we de mek pɔsin gɛt tin fɔ it ɛn as a rizulta bɔku impɔtant tin dɛn we de mek pɔsin it fayn

dɛn dɔn fɛn di tin dɛn we de mek di bɔdi, bɔt ɔl dɛn tin dɛn de we dɛn dɔn fɛn nɔ go ebul fɔ gɛt mɔ minin pas di we aw dɛn mek di atifishal sataylayt dɛn. Di difrɛns bitwin atifishal vaytamɛn dɛn ɛn di nyutritiv tin dɛn we de mek wan gren kɔn na di sem ɔda lɛk di difrɛns bitwin atifishal sataylayt dɛn we mɔtalman mek ɛn di sɛlestial bɔdi dɛn we de mek wi wan ol galaktik sistɛm. Bɔt di sayɛnsman dɛn we de mek atifishal sataylayt dɛn nɔ de ɛva tink se dɛn go dɔnawe wit di galɛksi dɛn we dɔn de ɛn gɛt bɔdi dɛn we de bitwin di sta dɛn we dɛnsɛf jɔs mek fɔ tek dɛn ples.

Di bɛst tin we wi go du na fɔ tek tɛm stɔdi di lɔ dɛn we de na di wɔl evolush□n f□ animal ɛn vɛgɛtebul □ganism dɛm. Bɔt, ɔnda ɛni sikɔstɛms, wi nɔ fɔ pul di wok we di nature de du ɛn afta dat wi fɔ tray fɔ mek am bak bay di ɛp we misɛf gland ɛkstrakt ɛn atifishal vaytamɛn dɛn de ɛp wi.

We wi put wan pat pan pɔt ɔ maro insay bɔta ɛn bigin fɔ frɛy am, wi kin bigin fɔ pwɛl am frɔm di fɔs tɛm.
I kin bigin fɔ siz wantɛm wantɛm, i kin shrivel, i kin brawn ɛn afta dat i kin dray, ɛn if wi kɔntinyu fɔ du di ɔpreshɔn fɔ lɔng tɛm smɔl, i kin char ɛn tɔn to minin ashis. Dat smel we de mek wi want fɔ it we de tikl wi nos na di smel we di tin dɛn we gɛt valyu pas ɔl na di natura it dɛn, we de laf wi sɛns ɛn lɔs insay tin ays.

Di wɔd dɛn "kuk" ɛn "bɛk" nɔ fɔ yuz insay di sɛns fɔ
fɔ pripia, bil ɛn impɔtant, lɛk aw dɛn dɔn de yuz dɛn te naw; dɛn fɔ yuz dɛn, bifo dat, fɔ mek pipul dɛn no di sɛns fɔ pwɛl, pwɛl, bɔn, kil ɔ fɔ dɔnawe wit dɛn, bikɔs bay dɛn opareshɔn dɛn de wi de pwɛl di tin dɛn we gɛt valyu pas ɔl we rili impɔtant to wi ɔrganizm ɛn so wi de du di kraym we rili bad agens mɔtalman .

Bebi Detest di Test fɔ Kuk Fɔd, We... Apia Apɛtɛyt Ɔnli to di Fɔd Adikt, Jɔs As

I tan lɛk se opium de mek di pɔsin we gɛt drɔgs gladi

Pipul dɛn we gɛt simpul maynd kin tink se i go bi kruk fɔ mek pɔsin nɔ gɛt ɛnitin fɔ du wit am pikin dɛm fɔ di gladi gladi we dɛn kin gɛt frɔm di teist fɔ it dɛn we dɛn kuk. Kayn

pipul dɛn fɔ no se fɔ tru, it dɛn we dɛn kuk nɔ kin te atɔl; i tan lɛk se dɛn te to di pɔsin nɔmɔ we gɛt adikshɔn to it, jɔs lɛk aw i tan lɛk se opium kin mek di pɔsin we gɛt drɔgs gladi. Te naw, nɔbɔdi nɔ bin de fɔ tɛl wi dis simpul trut, bikɔs frɔm trade trade nɔbɔdi nɔ bin dɔn fri frɔm it adikshɔn.

di □gan dɛm f□ di nyu b□n pikin de adap to di k□m□sh□n f□ di raw it dɛm n□m□. Di pikin kin rili ɛnjɔy raw frut ɛn vɛjitebul dɛn. I de it, wit di big big satisfayshɔn, raw grens, potato, bins, ɔbanjin, grɛn pis ɛn lentil, we de te to am bad bad wan, bɔt we pɔsin we kuk-it nɔ lɛk.

Di smɔl pikin nɔ kin gɛt ɛni gladi at frɔm di teist we di it dɛn we dɛn kuk kin te; i et ɛn avɔyd dɛn wit ɔl in sol ɛn na wit big pen i de swɛla dɛn it dɛn de we nɔto in yon. Bɔt di mama ɔ papa we po ɛn we gɛt simpul maynd nɔ ɔndastand dis. Na in yon adikshɔn nɔmɔ de gayd am ɛn we i de wɔri fɔ fid di pikin fayn fayn wan, i kin kɔntinyu fɔ fos dɛn bad bad it dɛn de fɔ kam dɔŋ in trot sote i tɔn di pikin to pafɛkt adikshɔn, ɛn dis kin pwɛl in wɛlbɔdi ɛn gladi at.

Insay di fɔs sɔm ia dɛn na in layf, di pikin kin du bad bad tin strɛch agens tin dɛn we nɔto in natura. Dis kin klia frɔm di bɔku bɔku sik dɛn we pikin dɛn kin gɛt ɛn di prɔblɛm dɛn we kin apin na dɛn bɛlɛ bɔku tɛm we pikin dɛn kin gɛt, ɛn bak frɔm di bɔku bɔku pikin dɛn we kin day. Bebi na faktri we dɛn jɔs bil, we pafɛkt. I nɔ go ɛva sik if wi gi am natura l it fɔ di nɔmal nyutrishɔn aktiviti dɛn we in ɔgan dɛn de du.

Di yunivasal adopshɔn fɔ raw-veganism na di wangren we fɔ fri ɔlman mɔtalman frɔm di swɛ fɔ sik wans fɔ ɔltɛm. Di prɔpageshɔn fɔ raw-it fɔ bigin wit sik pipul dɛn, pikin dɛn we dɛn jɔs bɔn, pipul dɛn we gɛt di pawa ɛn sɛns we dɛn nid, ɛn di mama ɛn papa dɛn we gɛt sɛns fɔ pikin dɛn we de it raw, we go gɛt fɔ pul ɔl di trays fɔ it we nɔ fayn na dɛn os so dat nɔ fɔ put tɛmteshɔn na dɛn pikin dɛn we. Dis fɔs tɛm we pɔsin nɔ go it it we dɛn kuk bay wilful go las te di de we di ɔtoriti dɛn go kam

dɛn sɛns, ɛn go disayd fɔ deklare fɔ it raw-it na kɔmpalsɔri, so dat dɛn go mek di prudɛnt wil we di nature gɛt pan di pipul dɛn we nɔ no natin, we nɔ gɛt instrɔkshɔn. Di tɛm go kam we raw-it go de na di wan ol wɔl. Insay dɛn blɛsin dɛn de tumara bambay, pipul dɛn go no fɔ kuk as kraym.

Di prɔblɛm we dɛn se i nɔ izi fɔ pul di abit fɔ it we dɛn kuk kwik kwik wan nɔ fɔ bi ɛkskyuz fɔ dinay di bad tin we i de du. Nɔbɔdi nɔ de tray fɔ jɔstify tif, tif ɛn kil, pan ɔl we i nɔ pɔsibul fɔ pul dɛn bad bad sik ya kɔmɔt na mɔtalman sosayti. Di impɔtant pɔynt na fɔ mek sayɛnsman dɛn admit insay prinsipul ɛn fɔ deklare to di pipul dɛn se di opareshɔn fɔ kuk it nɔ rayt, nɔto natin ɛn i denja, ɛn na in de mek pipul dɛn sik. Di sɛkɔn kwɛstyɔn bɔt fɔ put raw-it insay rial prɔsis kin afta dat lɛf to di kɔs we go apin afta dat.

Fɔ it we dɛn kuk dɔn bɔn pikin dɛn we gɛt adikshɔn to it, sik dɛn, mɛdikal sayɛns ɛn famakɔlɔji. Di men tin we di mɛdikal sayɛns de du na fɔ mek ɛn mek mɔtalman bɔdi we dɔn pwɛl ɛn we dɔn pwɛl. In ples fɔ mɛdikal sayɛns, di pɔsin we de it raw gɛt in sayɛns ɔ wɛlbɔdi, di aim fɔ mek dɛn nɔ gɛt di bad bad tin dɛn we wi dɔn tɔk bɔt ɛn fɔ mek shɔ se dɛn gɛt wɛlbɔdi, gladi, lɔng ɛn pis layf fɔ di jɛnɛreshɔn dɛn we de naw ɛn di wan dɛn we gɛt fɔ kam. Ɔl di sik dɛn kin kam bikɔs dɛn nɔ de fala di lɔ dɛn we de na di wɔl. We dɛn it raw, dat kin mek pipul dɛn rɛspɛkt dɛn lɔ dɛn de.

Di Praktis fɔ Raw-It Insay Mi Famili

Di fact se we a ol 60 ia a ebul fɔ rayt dɛn layn ya na bikɔs ɔf raw-it we dɛn de it. Sɛvin ɔ et ia bifo dis tɛm, mi at nɔ bin fayn so i bin tan lɛk se a nɔ go ebul fɔ avɔyd fɔ gɛt at-strok. A bin de yus fɔ gɛt breathless we a de klaym sɔm stɛp dɛn; A nɔ bin gɛt trɛnk fɔ es bɔkit wata. Kɔnstipɛshɔn, nɔ de it fayn, at pwɛl, nɔ de slip, ed we de at, pail, gaut, sklɛrosis, ay blɔd- prɛshɔn, takikadia, kronik brɔnkayt, ɛmoroyd ɛn kol ɔltɛm bin dɔn bi di kɔmpin dɛn na mi layf fɔ lɔng tɛm. Tɛnki fɔ raw-it a dɔn pul ɔl dɛn dizayd dɛn de. A dɔn put mi blɔd prɛshɔn fɔ ɔltɛm frɔm 18-20 to 13, ɛn mi puls rɛt frɔm 80-90 to 58-60. Wi nɔ gɛt ɛni sayn fɔ sho se yu taya, .

A kin waka go na Tajrish ɛn bak (we na distans we na 24 kilomita) insay 4 awa, klaym mawnten lɛk got, es ebi ebi smɔl bag dɛn ɔp di stej ɛn we a gɛt tɛm a kin waka fɔ 12 kilomita as ɔdinari tin we a kin du ɛvride. Mi, we wan tɛm bin de sɔfa wit kronik brɔnkayt ɛn we dɛn bin de layt am wit influenza bɔku tɛm insay di ia as sɔntin we na tru, nɔ ivin gɛt kɔmɔn kol insay di las sɔm ia ɛn a dɔn slip na di opin ɛya ɔl di ia ɔlsay insay winta ɛn insay sɔm, we yu nɔ kin fred di smɔl wan fɔ kol ɔ may

Bɔku ia bifo dis tɛm, a bin gɛt wan bad bad atak we a bin gɛt wit gaut we a nɔ bin ebul fɔ tɔch di jɔyn dɛn na mi big fut; tide a kin twist dem wit ol mi pawa witout di lest sain fo pen. Usay na di wɔl dɛn dɔn gɛt di sem kayn rizɔlt bay we dɛn yuz atophan, ACTH, digitalis, bromides, ayodin, aspirin, antibayɔtik ɛn bɔku bɔku ɔda mɛrɛsin dɛn?

Wi kin biliv se di at we de wok wit 58 bit insay wan minit go kɔntinyu fɔ wok fɔ bɔku ia ɛn nɔ go ɛva gɛt di denja fɔ mek i gɛt strok. □nda kuk-it k□ndish□n lɛk f□l in puls rɛt de apin □nli we di at wik, b□t insay mi kes na di n□mal rizulɛt f□ di rɛgulɛri in di oparesh□n f□ mi dijestiv □gan dɛm.

I rili impɔtant fɔ no se ɛnitɛm we a tray fɔ ɔvalod mi bɛlɛ wit sɔm tɛm di nɔmal kwantiti fɔ natura l it, dɛn nɔ kin de na di bɛlɛ fɔ lɔng tɛm, bɔt dɛn kin pas insay di insay wan tɛm ɛn kɔmɔt na di bɔdi insay sɔm awa, we dɛn nɔ kin du am ɛni dikɔmpɔzishɔn ɛn we nɔ de prodyuz di smɔl smɔl dijestiv dizayd ɔ mek a nɔ fil fayn. □nda dis k□ndish□n, mi puls rɛt de inkrɛs n□ pas f□ □ fayv bit insay wan minit, we we a de tray f□ "satisfay" mi sef wit kuk it lɛk "□dinari m□talman," mi at bit de jomp wantɛm wantɛm te i rich 85-90 ɛn i kin tek sɔm dez fɔ mek mi bɛlɛ gɛt in nɔmal filin bak fɔ layt.

Along wit mi sef, a de bring up mi nomba tri pikin as raw-eater. I dɔn ɔlrɛdi ol smɔl pikin we ol sɛvin ia, bɔt i nɔ ɛva put wan smɔl it we dɔn pwɛl na in mɔt. In wɛlbɔdi na di...

embodiment of pafɛkt pɔsin. A kin si naw aw big difrɛns de bitwin pikin dɛn we de it raw ɛn pikin dɛn we de it kuk. I izi fɔ mɛn wan ɔndrɛd pikin dɛn we de it raw pas wan pikin we de it wan kuk. Pɔsin nɔ kin ɛva gɛt di chans fɔ wɔri bɔt pikin dɛn sik lɛk kol ɛn kol, dayarɛa ɛn kɔnstipɛshɔn, ɔ trɔbul bɔt di pikin in it tumɔs ɔ tu smɔl. I gladi lɛk lark ɛn ɛnitɛm we i want i kin go na tebul ɛn ɛp insɛf fɔ ɛnitin we i lɛk fɔ it. I de ple, siŋ ɛn dans ɔl di de witout ɛni whims ɔ caprices, witout kray, witout kɔz trɔbul to di wan dɛn we de rawnd am.
I kin go slip jɔs 8 oklɔk na ivintɛm ɛn afta i dɔn siŋ to insɛf fɔ sɔm minit, i kin lɔk in yay ɛn slip lɛk tɔp te 6 oklɔk na mɔnin. Pantap dat, na tru tin we rili wɔndaful fɔ no se afta di fɔs mɔnt dɛn, na tri ɔ 4 tɛm nɔmɔ wi kin mɛmba we i bin wek na nɛt. In slip so dip ɛn sawnd dat no nɔys ɔ muvmɛnt nɔ de mek i wek.

We ɔda pikin dɛn na kindagarten sidɔm na dɛn brɛkfas tebul fɔ it bred ɛn chiz, bred ɛn bɔta, pastries, ɛn ɔda tin dɛn, i kin briŋ in bag frut we i dɔn tek na os ɛn ɛnjɔy am kwayɛt wan.
We wi de go visit to padi dɛm, i de luk wit kɔmplit indipɛndɛns pan dɛn ɔvalod ti tebul dɛm we pipul dɛn kin sidɔm rawnd ɛn "ɛnjɔy" ɔl kayn paste ɛn swit. I nɔ de ɛva sho se i want fɔ test ɛni wan pan dɛn, ivin bikɔs i want fɔ no mɔ. Na dis we ya fɔ mɛn ɔl pikin dɛn we de it raw.

Mi wɛf, we a nɔ ɛva fos mi fɔ si tin, smɔl smɔl chenj in sistɛm fɔ it fɔ in pikin ɛn in wɛlbɔdi, naw i dɔn bi pɔsin we de it raw ɔl ɛn i rili satisfay wit in kɔndishɔn. Fɔ bigin, i bin lɛf fɔ it mit ɔltogɛda ɛn afta dat i bin de ridyus di it dɛn we dɛn kin kuk we nɔ gɛt mit to wan ɔ tu insay di wik. As di pikin de gro smɔl mɔ, dɛn bin de tek dɛn ples ya wit sɔm bɔyl potato dɛn we dɛn kin tek wan wan tɛm. Fɔ dɔn, dɛn wan ya sɛf bin giv ɔp ɔl we wan de di pikin aks se, "Wetin na da bad bad smel de, Mama?" Afta dat i tek wan tin slais nɔmɔ pan ɔl it bred we sɔntɛnde i kin it wit walnut, we di pikin nɔ kin si.* Tide, i de si di fayn fayn tin we i de it raw-it pan in ɔrganizm ɛn i nɔ sɔprayz,

so, fɔ mek i nɔ it ɔl di it dɛn we i dɔn kuk. Ɛn dɛn bin ebul fɔ du ɔl dis witout bɔku prɔblɛm, wans dɛn dɔn disayd fɔ du di wok wit ɔl dɛn at. We dɛn nɔ de smɛl it we dɛn kuk na di os, fɔ it raw kin bi sɔntin we rili simpul. Dis na di we aw ɔl dɛn mama ɛn papa dɛn we valyu dɛn wɛlbɔdi ɛn lɛk dɛn pikin dɛn fɔ fala.

Ɔl di Ivil Abit dɛn we mɔtalman gɛt na di Rizult fɔ Kuk

De it

Raw-it go drɛb kɔmɔt na di arena ɔl ɔda bad bad tin dɛn lɛk fɔ drink rɔm, fɔ smok tabak, fɔ tek drɔgs ɛn fɔ want fɔ it. Dɛn adikshɔn ya nɔ go ebul fɔ kam wit raw-it igen. Dɛn bad bad tin ya na di sataylayt dɛn we de sho se pɔsin gɛt adikshɔn to it.

We di raw-it win, pis we go de sote go de na di wɔl ɛn bitwin neshɔn dɛn. Ɔl kraym, et, ɛnimi, prawd, jɛlɔs ɛn, in jɔnal, ɔl di bad abit dɛn we mɔtalman gɛt na di pikin dɛn we pɔsin kin it we i kuk. We dɛn pul di kuk-it di tin dɛn we mɔtalman lɛk go kol, dɛn maynd go gɛt ay pozishɔn ɛn layf go so izi dat man dɛn nɔ go gɛt fɔ te dɛn kɔmpin dɛn bɔdi ɔ sɛl dɛn kɔnshɛns fɔ wan mɛs fɔ pɔt.

Di Kɔnsɛpshɔn fɔ Dayt Fɔ Bi Limitɛd To di Riplesmɛnt fɔ di Nɔnchɔral Nutrishɔn bay di Natural

Di We aw Dɛn De Gi Fid

Fɔ it raw-it ɔl na di wangren we fɔ fri mɔtalman frɔm sik dɛn. Haf-mezhɔ nɔ ɛva gi ɛn nɔ go ɛva gi ɛni rizɔlt. Ɔnda di prɛsɛn kɔndishɔn fɔ kuk-it ɔl di aksepted kɔlkyulɛshɔn fɔ di nyutritiv valyu fɔ spɛshal it dɛn fɔ trit as fɔ no akɔn. I nɔ mata wetin di sik bi, we dɛn de tɔk bɔt di kwɛshɔn bɔt it wi fɔ tink bɔt di raw ɛn di kuk, di natura ɛn di nɔ natura, di klin ɛn degenerate. Di rɛkomɛndɛsh�n dɛm we dɛn kin gi ɛvride na di redio, na nyuspepa ɛn bay difrɛn �da we dɛm f� yus f� spɛshal vaytamɛn, minral ɛn protin dɛm, ɛn di inf�mesh�n we dɛn gi b�t dɛn kalori valyu, na �l

nɔ pɔsibul, nɔ gɛt wan valyu ɛn denja, mɔ we dɛn de yuz drɔgs ɛn animal it.

We wi de tink bɔt di prɔpati dɛn we wan wan tin dɛn we de gi wi bɔdi gɛt, wi nɔ fɔ wɔri wisɛf atɔl bɔt us patikyula vaytamɛn ɔ ɔda tin dɛn we de insay wan patikyula it. Na di prɛzɛns we nɔ de chenj fɔ ɔl di difrɛn tin dɛn we de insay ɛvri mɔt fɔ it we fɔ bi kɔmpalsɔri. So, wi fɔ tek tɛm mek nɔbɔdi pan di kɔnstityushɔn dɛn nɔ de pan di it we wi de it. Dis kin bi we wi it ɛni raw vegjetabul it, bɔt na it we dɛn kuk dɛn nɔ de insay dɛn tawzin.

Fɔ lɔng lɔng tɛm naw, bɔku bɔku spɛshal pipul dɛn dɔn de mek tin dɛn fɔ it dɛn patikyula stɔdi. Bɔt as dɛn dɔn pe atɛnshɔn to sɛkɔndari prɔblɛm dɛn nɔmɔ ɛn dɛn nɔ tek tɛm tink bɔt di damej we di faya na di kichin dɔn mek, dɛn risach nɔ ebul fɔ mek di tin dɛn we dɛn want ɛn di tin we bad pas ɔl na dat, bikɔs dɛn gɛt bɔku bɔku tin dɛn we nɔ gri wit dɛnsɛf, dɛn dɔn rili bad fɔ mɔtalman . Ivin di wan dɛn we nɔ de it bif, we dɛn go tek as di wan dɛn we de go bifo pas ɔlman, nɔ jɔs dɔn gri fɔ di damej we di faya dɔn du, bɔt dɛn dɔn bia bak fɔ yuz wayt bred ɛn rifin shuga, we nɔ gɛt ɔl di valyu tin dɛn we de insay di faya. Bɔt pan ɔl dat, wi fɔ kɔnfɛs se we dɛn dɔn win mɔtalman adikshɔn, pipul dɛn we nɔ de it bif dɔn pas di rod we stip pas ɔl. Di tin we at fɔ du na fɔ lɛf fɔ it mit, afta dat fɔ chenj di it we nɔ gɛt mit wit raw it na jɔs smɔl tin, pan ɔl we na dis smɔl tin we dɛn fɔ du fɔ rich dɛn las gol. So, wi fɔ ɛkspɛkt se pipul dɛn we nɔ de it bif wit ɔl di kayn we aw dɛn de tink go aksept di prinsipul dɛn fɔ it raw- it ɛn dɛn go gɛda togɛda ɔnda di sem ban, fɔ mek dɛn go le di fawndeshɔn fɔ da gladi layf de we dɔn bi di drim fɔ mɔtalman ɔltɛm.

As pɔsin we sabi bɔt it, G. Hauser dɔn gɛt bɔku nem na Amɛrika. Bɔt ivin Hauser, we de go bifo pan ɔl we i kɔmpia am wit ɔda pipul dɛn we sabi bɔt it, nɔ de tek tɛm tink bɔt di bad tin dɛn we pɔsin kin du we i kuk ɛn na dat mek i kin tray fɔ mek di damej we i dɔn du na di kichin kam bak bay we i de gi am mɛrɛsin. Lɛ wi tek am fɔ smɔl tɛm se i

kin sav sɔm yusful tin. Bɔt usay di wokman, di fam lebra ɔ di ɔdinari man de na strit fɔ fɛn di tawzin dala fi we i fɔ pe fɔ mek i go gɛt infɔmeshɔn bɔt ɔmɔs blak molas i fɔ tek na mɔnin, ɔmɔs yist i fɔ tek na ivintɛm , ɔ ɔmɔs tawzin yunit dɛn pan wan patikyula vaytamɛn i fɔ swɛla ɛvride?

Dis nɔto di rayt we fɔ du tin. I nid fɔ mek wi no di wan ol tin di w□l as gud as i posbul wit di intagrɛl raw mɛtirial dɛm f□ di m□talman □ganism, f□ chenj radikal di prɛsɛnt nyutrish□nal abit dɛm ɛn f□ put wan st□p to di rɛkomɛndɛsh□n dɛm f□ spɛsifi k it dɛm ɛn wan wan vaytam in dɛm.

Man dɛn we sabi bɔt sayɛns no se nɔbɔdi we de it bred, rays we dɛn dɔn polish ɔ mit nɔmɔ nɔ go ebul fɔ op fɔ liv lɔng. Bɔt di ɔdinari man nɔ no dis. Frɔm wetin i tink, dɛn it dɛn de kin gi wi fayn fayn tin fɔ it. Aw wi go gi garanti se ɔnda di pawa we di tin dɛn we de apin ɔ tru di prɛshɔn we po de mek pɔsin nɔ go ful fɔ fid insɛf ɛn in pikin dɛn pan dɛn it dɛn de nɔmɔ ɛn i nɔ go pwɛl insɛf bikɔs ɔf dat? Ivin di sayɛnsman we impɔtant pas ɔlman, we sabi di wan ol tɔpik, nɔ ebul fɔ tinap agens di want we i want fɔ gridi ɛn i de it bɔku pan dɛn tin dɛn de we dɛn dɔn swɛ dat i kin kil insɛf smɔl smɔl bɔt fɔ tru, ɛn kil insɛf kwik kwik wan bay we i de yuz kansa ɔ at atak. So, i nɔ go du fɔ jɔs mek pipul dɛn no bɔt dɛn ayd dɛn ya na buk dɛn; i nid fɔ mek di stet gɛt di rayt ɔgan dɛn fɔ mek dɛn go ebul fɔ mek di bɛsis chenj dɛn we dɛn dɔn plan fɔ mek di pipul dɛn gɛt di it we dɛn de it. Dɛn fɔ tek aktiv tin dɛn fɔ stɔp smɔl smɔl fɔ west di bɔku bɔku tin dɛn we de mek pɔsin gɛt nyutrishɔn ɛn fɔ ɛnkɔrej pipul dɛn fɔ it tin dɛn we nɔ gɛt wan bɔt ɛn we nɔ gɛt dɔti. di las objektif f□ ɛvri kayn it na raw-it, we di w□d "diet" l□s in minin ɛn gi ples to di ɛksprɛsh□n NATURAL NUTRITION □ DI INTEGRAL RAW MATERIALS F□ DI HUMAN FACTORY.

Di Yuz ɔf Atifishal Vitamin ɛn Minral fɔ Bi I bin stɔp

di rilitiv kwantiti dɛm f□ di nyutritiv k□nstityush□n dɛm na nɛch□ral it dɛm de difrɛn b□ku, insay di sens se agens wan miligram pan wan k□nstityush□n i kin bi wan tawzin pat pan wan miligram f□ wan sɛk□n k□nstityush□n ɛn wan milyan pat pan wan miligram pan wan t□d. Bɔt di tin we de insay di bɔdi we we wan milyɔn pat pan wan miligram impɔtant fɔ di mɔtalman faktri jɔs lɛk aw di wan we we wan miligram impɔtant. Naw, we dɛn de kuk na jɔs dɛn tin dɛn we de insay smɔl smɔl trays dɛn nɔmɔ dɛn kin pwɛl insay di fɔs tɛm.

Wan kin wɔnda wetin mek wit dɛn kayn raw matirial ya we nɔ fayn, di mɔtalman faktri nɔ kin stɔp fɔ wok wan tɛm, lɛk aw ɔdinari faktri go du, bɔt i kin kɔntinyu fɔ wok fɔ lɔng tɛm, ɛn dis kin mek pipul dɛn tink di rɔŋ we se ɛnitin we go satisfay dɛn apɛtit na it .

Di tru tin bɔt di tin na dat mɔtalman bɔdi nɔto ɔdinari tin faktri. Na big big wɔl we gɛt bɔku bɔku pipul dɛn we de de, bɔku bɔku faktri dɛn, difrɛn ɔganayzeshɔn dɛn, sistɛm dɛn, stɔ dɛn, rizɔv dɛn, ɛn ɔda tin dɛn. Ivin if i nɔ gɛt ɛni it atɔl, i kin stil kip insɛf layf fɔ 70 dez ɔ ivin mɔ bay we i kɔl fɔ yuz di tin dɛn we i dɔn kip.

afta dɛn go insay di □ganism, di nyutriɛnt dɛm de sheb □lsay na di m□talman b□di bay di mɛdi□m f□ b□di ɛn ɛvri wan pan di sɛl dɛm de gɛt di s□bstans dɛm we fit in str□kch□ ɛn spɛshal. Bɔt di sɛl dɛn na di gland dɛn ɛn di ɔgan dɛn nɔ de tek natin frɔm di smɔl smɔl tin dɛn we dɔn pwɛl we de insay it we dɛn kuk insay smɔl smɔl tin dɛn we pɔsin kin kɔnt pan in finga dɛn. Dɛn kin kɔntinyu fɔ wet, wit angri ɛn prɛvɛshɔn, te dɛn masta deign fɔ es in finga dɛn fɔ ɛp insɛf to wan pis anɔynt, grɛn vɛjitebul ɔ frut.

Man nɔ de fil di angri we wan wan sɛl dɛn gɛt as, pan ɔl we di glandular ɛn ɔrganik sɛl dɛn angri pasmak, in bɛlɛ ful-ɔp, in adikshɔn de satisfay, insɛf de satisfay. Bɔt stil mɔ kɔntinyu na di sɛl dɛn we nɔ gɛt wan valyu, we nɔ de wok ɛn we nɔ de wok, we de gridi fɔ it di "ful-balans bildin matirial" we kɔrɛspɔnd

to dɛn str□kch□ dɛm ɛn "strɛng ɛn f□tifay" di b□di bay we i de inkrɛs in b□ku.

dis na di rizin we mek wit 50-60 kilogram sɛl dɛm we n□ de f□ yus, di wan we dɛn k□l hɛlty, st□t ɛn trɛnk n□ gɛt f□ □ndrɛd gram dɛm we de wok, spɛshal sɛl dɛm, we wan □ □da pan in gland dɛm kin wok □ltɛm ɛn mek tin dɛn we nɔ gɛt fɔlt. As lɔng as di gland ɛn ɔgan dɛn nɔ gɛt di las tin dɛn we lɛf pan di sɛl dɛn we de wok, man kin ebul fɔ drɛg in ɛgzistens sɔm kayn we; bɔt we dɛn dɔn spɛn dɛn las las, day kin bi sɔntin we pɔsin nɔ go ebul fɔ avɔyd.
afta dat di "satiated," "stout" ɛn "vigorous" p□sin de day tru we i bin angri in gland dɛm ɛn □gan dɛm. f□ egzampl, di hat sɛl dɛm de l□s di pawa ɛn elastik we dɛn nid f□ mek di n□mal k□ntriksh□n dɛm. afta dat di at de tray f□ sev di situesh□n bay we i de inkrɛs di n□mba f□ in sɛl dɛm, we de mek i big wit sɛl dɛm we de f□m fr□m animal protin dɛm ɛn wayt bred. - b□t dis n□ de natin, bi□s dɛn sɛl dɛm ya n□ gɛt di kapasiti f□ du eni yusful wok ɛn i n□ de tek l□ng bifo di □gan st□p f□ bit □ltogɛda.

Wi nɔ no fɔ tru, ɔmɔs difrɛn kɔnstityuɛnt dɛn de go fɔ mek wan gren wit ɔ ɛni ɔda vɛjitebul bɔdi. Lɛ wi tek wan hypothetical, aprɔksimat nɔmba, lɛ wi se 10,000. Bay di mɔs ɛlimɛntri lɔ dɛn na di nature wi fɔ dɔn gɛt fɔ rizin se di raw matirial dɛn we nid fɔ di mɔtalman faktri na 10,000 difrɛn tin dɛn, ɛn we wi de saplae dɛn matirial dɛn de i impɔtant fɔ tek patikyula kia se wan ɔ ɔda wan pan di kɔnstituɛnt dɛn nɔ de nɔ de.
Dis na di mɔs natura sistɛm fɔ mek shɔ se di mɔtalman faktri de wok nɔmal wan.

Naw lɛ wi si aw topsy-turvy di dietetics fɔ dis kuk-it ej na. Man dɛn kin kɛr bɔku bɔku tin dɛn we dɛn kin yuz fɔ kil dɛn impɔtant tin dɛn de ɛn dɛn kin gi dɛn bɔdi tin fɔ it wit jɔs sɔm kayn tin dɛn we de insay dɛn.

Afta sɔm ia we dɛn dɔn du bɔku bɔku risach, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf dɔn kam fɔ no se na 1015 kayn tin dɛn nɔmɔ de na chiz, bɔta, liva ɔ bren. Wan go dɔn ɛkspɛkt dɛn fɔ kɔnfɛs se as a rizulta fɔ dɛn lɔng wok dɛn dɔn si se dɛn kayn it ya ɛn dɛn kayn it ya na 10-15

kayn tin dɛn we dɔn pwɛl, we nɔ balans, we gɛt pɔyzin, we dɔn pwɛl ɛn we dɔn day, ɛn di wan dɛn we de mek wi raw matirial, 9990 difrɛn kayn dɛn nɔ de ɛn, bikɔs ɔf dat, dɛn it dɛn de nɔ gɛt bɛtɛ tin fɔ it, dɛn de du bad ɛn dɛn denja so dat yu nɔ fɔ yuz dɛn as nyutrimɛnt we ɛnibɔdi kin rɛkɔmɛnd. Bɔt bifo dat, dɛn kin spɛsifa wan bay wan di nem dɛn fɔ ɔl di tin dɛn we dɛn dɔn ebul fɔ fɛn insay dɛn it dɛn de, dɛn kin tɔk bɔt dɛn ditayli wok we dɛn de du pan nyutrishɔn ɛn, afta dɛn dɔn kɔnt dɛn prɔpati dɛn, dɛn kin rɛkɔmɛnd dɛn as "bɛnifish" nyutrimɛnt dɛn. Nɔto wan wɔd dɛn nɔ tɔk bɔt di absɛns ɔf di tawzin tawzin tin dɛn we de mek pɔsin it fayn, ɛn dɛn nɔ de tɔk bɔt di wok we dɛn de du fɔ it ɔ di bad bad tin dɛn we kin apin we kin apin ɔltɛm afta dɛn nɔ de. Bɔt stil, dɛn tin ya we wi fɔ tink bɔt na rili impɔtant tin dɛn fɔ di kwɛstyɔn.

Wi fɔ mɛmba se so difrɛn difrɛn wok dɛn we raw de du it dɛn we de insay di ɔrganizm we ivin if bay sɔm mirekul mɔtalman kam fɔ no dɛn ɔl, wan ol layf nɔ go du fɔ jɔs diskrayb dɛn. Wi fɔ tek am as wan pan di ɛlimɛntri lɔ dɛm fɔ nyutrishɔn di tru tin se nɔ nyutrishɔn kɔnstituɛnt nɔ go ebul fɔ sav in tru tru rizin if dɛn tek am wansay, apat frɔm di wan ol.

We pɔsin pɔynt ivin to di sayɛnsman we bɔku pipul dɛn sabi se de no trays fɔ ɛni vaytamɛn na di wayt bred we i de it, i de ansa, witout di smɔl shesishɔn, se i de it bak tin dɛn we gɛt vaytamɛn Wit ikwal jɔstis we pɔsin we de mek brik kin le in brik ɔl di de ɛn es in wɔl ɔp we i nɔ gɛt ɛni mɔta, ɛn afta dat agyu se tɛm dɛn de we i kin yuz mɔta, bak. Na so di blayndnɛs we pɔsin kin gɛt bikɔs i gɛt adikshɔn to it.

Wetin na wayt bred if nɔto stach, shuga, fat, prɔtin ɛn sɔm kayn dɛd sɔl — in ɔda wɔd, na di ashis nɔmɔ we nɔ gɛt layf fɔ sɔm pan di 10,000 tin dɛn we de mek wi raw matirial? Wetin na rifin shuga if nɔto wan pan di 10,000 we wi dɔn tɔk bɔt? Wetin na mit if nɔto prɔtin we gɛt pɔyzin ɛn trays fɔ sɔm tin dɛn we dɔn pwɛl? Bɔt stil, mɔtalman kin ful-ɔp in bɛlɛ te i rich in bɛlɛ wit dɛn smɔl tin dɛn ya ɛn i kin mek in ɔgan dɛn nɔ gɛt bɔku bɔku tin dɛn we rili impɔtant. As fɔ di prɔblɛm dɛn we kin apin we kin kam na in ɔgan dɛn, pɔsin kin fɔm

sɔm aidia bay we yu go na ɔspitul ɔ chɛk di pikchɔ dɛn we de na di buk dɛn we de tich bɔt mɛrɛsin. Aw dɛn kayn bad bad difɔmeshɔn, sɔri ɛn ɔlsa kin kam, if nɔto tru di absɛns ɔf supɛriɔr nyutriɛnt?

Pan ɔl we te naw sayɛnsman dɛn dɔn fɛn 40-50 kayn tin dɛn nɔmɔ pan di tawzin tawzin tin dɛn we de mek pɔsin gɛt tin fɔ it, bɔku pan di buk dɛn we dɛn kin rayt bɔt mɛrɛsin de fɔ tɔk bɔt di tin dɛn we dɛn tin dɛn de du, ɛn dɛn tin ya kin mek bak bɔku ɔda tin dɛn we dɛn kin du fɔ mɛn pipul dɛn. Apat frɔm dat, bɔku bɔku kɔmɛshɔn establishmɛnt dɛn dɔn skata ɔlsay na di wɔl fɔ mek ɛn sheb dɛn tin dɛn de.

Wi kin tink gud wan bɔt aw di tin go bi if, instead ɔf dɛn 40-50 pipul dɛn de, sayɛnsman dɛn we de du risach kin ebul wan de fɔ fɛn 400 ɔ 500, nɔto fɔ tɔk bɔt 4,000 ɔ 5,000 kayn tin dɛn. I tan lɛk se di man we de tide nɔ de si di rial raw matirial dɛn we i nid fɔ in bɔdi, nɔ gɛt wanwɔd; ɔ dɛn nɔ de na in an wantɛm wantɛm ɔ i si se i nɔ pɔsibul fɔ gɛt dɛn. So i fɔ luk insay ɔl di kɔna dɛn fɔ fɛn dɛn wan bay wan fɔ mek i go satisfay di nid dɛn we in ɔrganizm gɛt. Risach sayɛnsman dɛn kin tek di tin dɛn nɔmɔ we dɛn no di fɔmula dɛn ɛn we dɛn print na buk dɛn as sayɛns. As dɛn nɔ no di kɔmplit fɔmula dɛn fɔ di tin dɛn we de insay wan gren wit, dɛn nɔ de si ɛnitin we sayɛnsman de insay. Na "kɔmɔn" tin we izi fɔ gɛt, i bɔku ɔlsay ɛn ɔlman no am. Bɔt i rili difrɛn we dɛn kin ebul fɔ fɛn nyu tin we de mek pɔsin it fayn ɛn fɛn in fɔmula. Dɔn i kin bi sayɛns; dɛn de prez di tin we dɛn fɛn as big triumph na di fild fɔ mɛrɛsin ɛn, wetin pas dat, i de introduks fresh fervour ɛn ɛnjɔymɛnt insay faktri, famasi ɛn klinik dɛn. Ɛn dis na ɔl bikɔs mɔtalman nɔ want fɔ lɛf in wayt bred.

Wetin apin, pipul dɛn fɔ dɔn admit se di wangren we fɔ pul sik na fɔ fɔs limit strikt wan ɛn afta dat fɔ prohibit ɔltogɛda di mass destruction of wi nutritive constituents.

Fɔ du dis, di bɔdi dɛn we gɛt di wok fɔ du bɔku pɔblik ɛn dɛn fɔ tek aktif tin dɛn fɔ mek dɛn nɔ pwɛl bɔku bɔku pipul dɛn

di tin dɛn we de mek di bɔdi fayn. Dɛn fɔ gɛt nyu difrɛn it dɛn frɔm miksɔp pan raw it dɛn ɛn rikomɛnd dɛn to di pipul dɛn, we dɛn go chenj smɔl smɔl di we aw dɛn de it tin dɛn. Dis dɔn mek di sik dɛn we de ambɔg mɔtalman naw go dɔn smɔl smɔl ɛn wan big big ikɔmi go afɛkt di kɔst fɔ liv.

Bifo wi bi pipul dɛn we de it raw, wi famili bin de it wan kilogram bred ɛvride, bɔt naw wan kilogram wit kin las fɔ wi frɔm et to 10 dez. Na di it we gɛt wayt bred a fɔ dɔn day lɔng tɛm, bɔt tɛnki fɔ di wit we de gi layf a stil de liv, ɛn a fil shɔ se a go liv fɔ at le ɔda 40-50 ia.

Di Kɔmpiashɔn Bitwin di Wɛlbɔdi fɔ Raw-It ɛn Pikin dɛn we dɛn dɔn kuk na di bɛst we fɔ kɔnfirm di bad tin we pɔsin kin du we i it it we dɛn kuk

Fɔs, dɛn fɔ adopt di prinsipul dɛn na di de nɔsri, pikin dɛn os, ɔspitul ɛn rɛstɔrant dɛn, ɛn afta dat dɛn fɔ mek pipul dɛn lɛk dɛn bay we dɛn de mek pipul dɛn no bɔt dɛn. Wit dis kayn tin dɛn we klia ɛn we pɔsin nɔ go ebul fɔ dawt lɛk aw a dɔn tɔk, wi fɔ op se sayɛnsman dɛn we de si klia wan go bigin fɔ wok wan tɛm. Bɔt if dɛn want fɔ gɛt mɔ kɔnkrit pruf, a de prɔpos di tɛst we de kam biɛn. Mek dɛn sheb di bebi dɛn we de na wan pan di pikin dɛn os to tu ikwal grup dɛn, wan pan dɛn fɔ gɛt di mɛrɛsin we dɛn de yuz naw fɔ it, ɛn di ɔda wan fɔ mɛn wit di prinsipul dɛn fɔ it raw. Dɔn lɛ dɛn kɔmpia di wɛlbɔdi we di tu grup dɛn gɛt wit dɛnsɛf. A nɔ gɛt ɛni dawt se rayt frɔm di biginin i go klia to di wan ol wɔl uswan pan di tu sistɛm), fɔ it na tru tru sayɛns ɛn umanitarian. Dɛn kin gɛt di sem tin bay we dɛn adap di we aw dɛn de mɛn di wan dɛn we sik na ɔspitul.

Bɔrku pipul dɛm wae gɛt simpul maynd kin agens di tɛst pan di grɔn se na sin ɔr bad fɔ du dɛn kayn "ɛkspirimɛnt" ya pan pikin dɛm Bɔt if dɛn kayn pipul ya tink dip smɔl, dɛn go si se nɔto ɛkspiriɛns fɔ protɛkt pikin in layf ɛn wɛlbɔdi bay we dɛn de it am wit di kɔmplit kɔlekɛshɔn fɔ di klin tin dɛn we dɛn bin want fɔ it

bay nature f□ di m□talman □ganism. Di rial ɛkspiriɛns dɛn na dɛn tɛst dɛn we nɔto mɔtalman we dɛn kin du ɔnda di kɔs fɔ sayɛns wit sɔm difrɛn kayn tin dɛn we dɛn mek wit sɔm kayn tin dɛn we dɛn nɔ no yet na di lɛbɔtri as a rizulta, we bɔku bɔku pikin dɛn kin kɔmɔt na layf we dɛn smɔl, ɛn dis kin mek dɛn mama ɛn papa dɛn at pwɛl pwɛl at. Ekspiriɛns na dɛn ɔpreshɔn dɛn we de ple wit di pipul dɛn wɛlbɔdi bay 1,001 it ɛn pɔyzin dɛn we dɔn pwɛl ɛn mek nyu sik dɛn. Dɛn kin kɔl dɛn sik ya di sik dɛn we de na sivilizayshɔn, we nɔ gɛt di smɔl filin fɔ shem pan dis kayn "sivilizayshɔn" ɛn we nɔ de sho se di kɔndishɔn dɛn we bɔn dɛn kayn sik ya kin gɛt di nem ignorance, savagery ɔ barbarism, bɔt nɔ ɛva sivili

Sayntis Instityushɔn ɛn Rispɔnsibul Stet Bɔdi dɛn fɔ Ɛksamin di Prɔblɛm fɔ it Raw-It we Nɔ Gɛt Mɔ

Westɛm

A dɔn prɔpos wan radikal ɛn di sem tɛm wan rili simpul ɛn natura we fɔ mek mɔtalman fri frɔm ɛvri sik na di wɔl. Dis na rili impɔtant tin we ɔl sayɛnsman dɛn, dɔktɔ dɛn, pipul dɛn we gɛt sɛns ɛn di stet bɔdi dɛn we gɛt di wok fɔ pe atɛnshɔn to wantɛm wantɛm. Dɛn fɔ pruv na pɔblik se a nɔ rayt di we aw a de si tin ɛn dɛn fɔ rifyut am bay di bɛsis ɛkspiriɛns dɛn, ɔ dɛn fɔ kɔnfirm dɛn trut ɛn tek di step dɛn we nid fɔ put dɛn na prɔsis. Na mɔtalman, if dɔktɔ dɛn sho ɛni indipɛndɛns ɔ silɛns, di jenɛral pɔblik kin tek am as klia kes we dɛn nɔ want fɔ stɔp sik dɛn, so dat dɛn nɔ go ridyus dɛn fil ɔ ɔpreshɔn. Pasɔnali, a nɔ biliv se dis na jɔs tru, bikɔs na smɔl mɔtalman nɔmɔ go ebul fɔ bi so sɔri-at; bɔt dɔktɔ dɛn fɔ gi fayn pruf se dɛn gɛt ay ɛn nobul aim pas fɔ mek mɔni, ɛn di tin we dɛn want fɔ du na, fɔ tru, fɔ sav sayɛns, fɔ sav mɔtalman.

Nɔbul, pɔblik-spirited ɛn altruistic dɔktɔ dɛn kin rich dɛn aspired objective bay we dɛn aksept raw-eating, we inhuman, selfish ɛn covetous dɔktɔ dɛn de si insay am dɛn pasɔnal lɔs. Di alɛgd difikulti fɔ chenj dip-rut kɔstɔm kin jɔs sav as flimsy ɛkskyuz fɔ

veil di niggardly self-interests of wikɛd pipul dɛm. Di diskovri fɔ raw-it na di bɛst chans fɔ difrɛns di bigman frɔm di wan dɛn we nɔ gɛt wan rɛspɛkt, di gud ɛn di bad, di wan we gɛt sɛns ɛn di wan we nɔ gɛt sɛns.

No aktiviti nɔ de we gɛt big valyu fɔ umanitarian pas di prɔpageshɔn fɔ raw-it. I nid fɔ wek ɔl mɔtalman frɔm di slip we i dɔn de slip fɔ lɔng lɔng tɛm, fɔ opin in yay, fɔ shek am kɔmɔt na in taya ɛn fɔ fri am frɔm di bad bad drim we i de drim naw. Di jɛntriman dɛn fɔ gi dɛn mɔni fɔ dis wok; di wan dɛn we gɛt sɛns dɛn bren. I impɔtant fɔ mek sosayti, mek klab, pablish nyuspepa ɛn print buk.
Dɔn bak, i nid fɔ bil big sanatoria wit ɔl di tin dɛn fɔ rɛst, ɛnjɔymɛnt ɛn spɔt, ɛn bay we dɛn de "prizin" fɔ sɔm mɔnt fɔ mɛn, fɔ mek dɛn yɔŋ, fɔ fri frɔm di bad we aw pipul dɛn de tink bɔt dɛnsɛf, ɛn fɔ ɛp ɛn mek dɛn pipul dɛn de no mɔ we nɔ gɛt di infɔmeshɔn we dɛn nid ɛn di pawa we dɛn want fɔ du. I rili yusful ɛn fayn fɔ yuz mɔni ɛn ɛnaji fɔ dis wok pas fɔ bil bildin dɛn we nɔ gɛt yus we wi nɔ nid lɛk chɔch ɔ skul ɛn ɔspitul. Raw-it na tɔchston we wi kin yuz fɔ chɛk us intɛlektual rili gɛt fri ɛn nɔ gɛt ɛnitin fɔ stɔp fɔ jɔj, ɔ us pɔsin rili intres pan di wɛlbɔdi ɛn wɛlbɔdi fɔ di pipul dɛn. Na insay lɛta dɛn we dɛn mek wit gold, istri go rayt dɛn kayn pipul dɛn nem dɛn.

I Nɔto Sin fɔ Tɔk di Tru

Sɔm pipul dɛn kin aks mi se a gɛt shap tɔŋ. We a de kɔl pipul dɛn we de it kuk, kilman, filicides ɛn kriminal, a nɔ de mek akɔdin; A jɔs de tɔk di tru, pan ɔl we da tru de bita.
We mama ful-ɔp in pikin we i lɛk in mɔt wit ɔt it wit in yon an dɛn we tek tɛm, i kin mek in pikin in ɔgan dɛn nɔ fayn ɛn i kin mek i sik ɛn day. We dɔktɔ de pripia it we gɛt "nutritious" ɛn "easily digestible" it fɔ smɔl pikin dɛn ɛn

prɛskrib pils we gɛt atifishal vaytamɛn dɛn pan di ɛkspɛns fɔ vɛjitebul ɛn frut, i kin du bad tin we pas dat.

Ɛvride a kin wach aw, bay wan strenj ayrɔni bɔt fate, di wik ɛn di wan dɛn we sik kin tek dɛn sem tin dɛn we dɔn mek dɛn sik as mɛrɛsin, ɛn it dɛn wit gridi, we, difrɛn frɔm dat, dɛn kin avɔyd wit fred di wangren sɔbstans (raw vegjetabul ɛn frut) we kin mek dɛn gɛt wɛlbɔdi bak, jɔs bikɔs dɛn tek dɛn as di tin we de mek dɛn sɔfa. Dɛn kin sakrifays bɔku bɔku pipul dɛn layf jɔs bikɔs ɔf dis mistek we dɛn kin tink bɔt we kin kil pipul dɛn. Di pɔsin we de go insay di ful dip we di bad bad tin apin nɔ go ɛva ebul fɔ kɔntinyu fɔ kol ɛn nɔ

No Ligal Barɛri Nɔ De Agens di Distrɔkshɔn fɔ di Raw Materials we dɛn mek fɔ di Human Factory

We smɔl tin we nɔ fayn kam na layt na di rayt balans we di raw matirial we dɛn kin gi to di industri na wan kɔntri, dɛn kin aks di pipul dɛn we gɛt fɔ du wit di wok fɔ neglijɛns ɛn dɛn kin kɛr dɛn go na buk, bɔt di wan dɛn we kin du di bad bad tin we dɛn kin du wit di raw matirial we dɛn nid fɔ mek di mɔtalman faktri wok fayn, kin go skɔt-fri. Insay di prɛsɛn sɛntiwɔd we sayɛns dɔn go bifo, di pɔsin we nɔ no natin ɛn we nɔ gɛt sɛns pas ɔl gɛt rayt fɔ luk fɔ nyu we dɛn fɔ pwɛl di natura it dɛn, ɛn fɔ mek ɛn gi fɔ sɛl di tin dɛn we pɔsin kin it we rili laf. Bɔt wetin rili strenj na di tru tin se di big sayɛnsman, di big sayɛnsman, we dɔn gi in layf fɔ stɔdi di bayolojikal wok we di sɛl dɛn we gɛt layf de du, ɔ di pɔsin we sabi bɔt it, we in men aim na in layf na fɔ wok aut ɔf di ideal diet for man, bay wan hip of dis kayn degenerated substances en ofa dem to in cells, wit di utmost indifference en carelessness, we di dicttates of in palate onli de gayd am.

Fɔs, i tan lɛk se wi nɔ go biliv se wi go ebul fɔ fri wisɛf ɔl sik dɛn bay we dɛn de it raw. Bɔt di big big tin we di prɔpɔshɔn gɛt de pan di tru tin we se di "nɔ biliv" izi wan fɔ bi rial tin we dɛn dɔn akɔmplit. Di difikulti fɔ lɛf fɔ it adikshɔn nɔ fɔ bi sɔntin we de ambɔg di rializashɔn fɔ di ideal fɔ

raw-it we dɛn de it; difrɛn frɔm dat, i fɔ bi sɔntin fɔ no di trɛnk we di ɛnimi gɛt to mɔtalman ɛn i fɔ mek wi tray tranga wan fɔ mek dis kayn bad bad monsta nɔ go insay di ɔrganizm fɔ di pikin we dɛn jɔs bɔn. Ivin dɛn pipul dɛn we kin si am se i nɔ izi fɔ lɛf fɔ kuk it dɛnsɛf, ɛn stil kɔntinyu fɔ du dɛn bad abit dɛn, fɔ afɛm di tru, ɛn fɔ di gud fɔ di jɛnɛreshɔn we de kam ɔp ɛn di fiuja fɔ mɔtalman dɛn fɔ fɛt fɔ mek da trut de win bay we dɛn de prich ɛn fɔ ɛksplen di prinsipul dɛn fɔ it raw ɛn bay ɔl ɔda we dɛn we de.

Na tru se fɔ dɛn pipul dɛn de we nɔ gɛt wanwɔd ɛn we de luk bak we nɔ gɛt wanwɔd fɔ bias fɔ kuk it ɛn drɔgs di prinsipul dɛn fɔ it raw-it dɔn tu advans, bɔt tide wi de liv insay di Kɔsmik Ɛj, ɛn nɔto insay di Midul Ij, we ɛvri prɔgrɛsiv aydia ɔ big invinshɔn bin de fɔ lɔng tɛm we dɛn bin de mek dɛn sɔfa bay di grup we nɔ no natin.
Tide, na di kwɛstyɔn bɔt aw mɔtalman go kɔntinyu fɔ liv ɔ we dɛn go dɔnawe wit dɛn, na in dɛn put bifo wi. Fɔ shem nɔto mɔtalman.

Raw-Eating De Mek shɔ se Dɛn Gɛt Bɔku Bɛnifit na Pɔblik Ikonomi ɛn Rays di Stɛndad fɔ Liv Bɔku

Taym dɛn

Wan bɔku bɔku tin dɛn we yu nɔ go biliv kin pwɛl pan di faya ɛn... bay di plɛnti f□m dɛm f□ pil, rifin ɛn pr□sɛsin. As ɛgzampul dɛn kin se 100 gram wit we dɔn sprut gɛt mɔ nyutritiv valyu pas di wayt bred we dɛn kin gɛt frɔm wan kilogram wit.
Na di sem tin kin apin to ɔl ɔda kayn kɔn, puls, vɛjitebul ɛn frut dɛn. If wi lɛf ɔl di animal it dɛn tide, di vɛjitebul dɛn we dɛn de mek na di wɔl go ebul fɔ it dɛnsɛf bɔku tɛm pas di pipul dɛn we de na di wɔl naw, bɔt dɛn it dɛn na di raw stet. Di rial minin fɔ it raw-it go bi mɔ ɔndastandin, we wi tink bɔt di wok, di tɛm ɛn di mɔni we pipul dɛn de west fɔ pwɛl dɛn nyutriɛnt dɛn de, ɛn afta dat wi tink bɔt ɔl

di mɛrɛsin ɛkspɛns we di difrɛn ministri dɛn fɔ wɛlbɔdi biznɛs ɛn di jenɛral pɔblik kin gɛt wit di op fɔ pul di bad bad tin dɛn we kin apin to wi ɔgan dɛn bay we dɛn de pwɛl dɛn sem tin dɛn de. A rɛdi fɔ sho di tru tin dɛn we a tɔk bay kɔnkrit pruf to ɛnibɔdi we go want fɔ gɛt mɔ patikyula tin dɛn bɔt di tɔpik. Istri nɔ go ɛva fɔgiv dɛn rispɔnsibul pipul dɛn we gɛt pawa we de sho se dɛn nɔ bisin bɔt dis ɛn we de lɔk dɛn yes to dɛn tru tin ya we de kray fɔ mek dɛn go jɔstify dɛn yon adikshɔn dɛn.

Na tu rizin nɔmɔ kin de fɔ mek dɛn nɔ gri fɔ gri wit di prinsipul dɛn we se fɔ it raw. Ɔ dɛn fɔ deklare se dɛn lɛk fɔ tolɛret di ɛgzistens fɔ sik pas fɔ "deprive" mɔtalman di "plez" fɔ it we dɛn kuk ɛn fɔ giv ɔp di pɔsibiliti fɔ put insay prɔsis wan ol siriɔs "sayntis ajɔstmɛnt" we dɛn dɔn ajɔst as a rizulta fɔ bɔku tranga wok ɔ, bay di we aw dɛn de du di bɛsis tɛst dɛn we a dɔn prɔpos, dɛn fɔ pruv se, fa frɔm fɔ fri pipul dɛn frɔm sik, fɔ it raw-it kin rili ambɔg dɛn mɔ.
Dis dɛn go si se i nɔ pɔsibul fɔ du. I de fala se dɛn nɔ gɛt ɔda tin fɔ du pas fɔ abop pan dɛn fɔs rizin, we ɔlman kin si klia wan se dɛn nɔ gɛt wanwɔd pasmak.

So, pan bikɔs ɔf ɔl di pikin dɛn we nɔ du natin, a de aks di wan dɛn we de agens raw-it fɔ sɛn dɛn objɛshɔn to di prɛs, so dat dɛn go gɛt dɛn rayt ansa ɛn pɔblik opinion go gɛt di chans fɔ pul di kɔnklushɔn dɛn we nid ɛn fɔ tɔk in las ɛn jɔs jɔjmɛnt.

Ɔlman Fɔ No di Rial ɛn Intɛgrel Raw

Di Tin dɛn we I De Insay In Bɔdi

Everi individyual na di praud possessor of wan pan di komplikayt faktri dɛm na di wɔl ɛn na in nɔmɔ gɛt di wok fɔ mek di faktri we dɛn gi di faktri wok fayn fayn wan. So, i nid fɔ no gud gud wan di rial, nɔ gɛt fɔlt ɛn impɔtant raw matirial fɔ da wɔndaful faktri de.

di integriti f□ dɛn raw mɛtirial dɛm de n□ de ditarɛmin di kwantiti □f protin, fɛt, kabohaydrɛt, vaytamɛn, minral ɛn kalori dɛm we di prɛsɛnt day bayolojist dɛm dɛn spɛsifiket insay dɛn tɛksbuk dɛm pan nyutrish□n. I nɔ pɔsibul bak fɔ no am bay we yu put lɔng list dɛn sayd to sayd fɔ risɛp fɔ it dɛn we dɛn dɔn kuk.

Tru bɔku bɔku ia ɛn bay di mɔs prɛsis kɔlkyulɛshɔn wi wɔndaful nature dɔn briŋ togɛda di intagral raw matirial dɛn we nid fɔ di mɔtalman ɔrganizm, dɔn kam togɛda dɛn insay pafɛkt wanwɔd ɛn insay di kwantiti dɛn we dɛn nid, dɔn gi dɛn layf ɛn dɔn kɔnsɛntret dɛn insay vɛjitebul b□di dɛm we de f□m f□ liv sɛl dɛm.
Di ɔl sikrit fɔ it na we dɛn sɛl dɛn de day ɔ we de alayv.
Ɔnda ɛni sikɔstɛms, tin dɛn we gɛt day sɛl dɛn nɔ go ebul fɔ bi raw matirial fɔ di mɔtalman faktri.

Mɔtalman nɔ fɔ lɔs in sɛns fɔ du tin ɛn gladi fɔ di tin dɛn we i dɔn mek pas di say we i ebul fɔ du sɔntin. Na tru se we dɛn de stɔdi bɔt wan wan tin dɛn we de mek pɔsin it fayn, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf dɔn tek bɔku prɔblɛm ɛn dɛn dɔn fɛn bɔku impɔtant tin dɛn, we wi fɔ rili gladi fɔ. Bɔt ɔl dɛn tin dɛn de we dɛn dɔn du, dɛn kin tek am se na big tin nɔmɔ we i kam pan di we aw mɔtalman de divɛlɔp di tɛknikal ɛn maynd naw. Agens di sɛns we pas ɔl na di wɔl ivin di sayɛnsman dɛn we impɔtant pas ɔl, wit ɔl di tin dɛn we dɛn dɔn lan ɛn di bɔku bɔku tin dɛn we dɛn dɔn fɛn, nɔ gɛt ɛni big sɛns pas pikin we gɛt fayv ia. So, dɛn nɔ gɛt rayt fɔ mek di wanwɔd ɛn di wanwɔd we di raw matirial dɛn we di nature dɔn mek, nɔ gɛt wanwɔd ɛn fɔ mek di pipul dɛn tink se dɛn smɔl smɔl fɔ no as pafɛkt sayɛns.

Wi nɔ gɛt wan dawt fɔ se, fɔ tray fɔ go insay di sikrit dɛn we de insay di it dɛn di ɔltimat aim fɔ sayɛnsman dɛn na fɔ no ɔl dɛn nyutrishɔn kɔnstituɛnt dɛn we impɔtant to di mɔtalman ɔrganizm, fɔ no dɛn rilitiv kwantiti ɛn fɔ intagret dɛn togɛda. In ɔda wɔd dɛn, dɛn want fɔ mek wan gren wit ɔ lentil we dɛn mek wit mɔtalman an ɛn gi am layf. Bɔt wetin mɔtalman nɔ ebul fɔ gɛt afta bɔku bɔku tawzin ia we i dɔn wok tranga wan, na dat di tin dɛn we Gɔd mek de sho wi fɔ natin tide. Wetin wi want mɔ? Wi de ɛnjɔy ɛni dawt we gɛt fɔ du wit di sɛns we di

yunivas ɔ adikshɔn to mit kin mek pɔsin du di fulish tin dɛn we pɔsin nɔ go biliv?

I nɔ gɛt sɛns ɛn i denja fɔ tink se wi nid mɔ protin dɛm □ □da nyutrish□nal k□nstityush□n dɛm pas di wan dɛm we de na di vɛgɛtebul b□di dɛm. If di las wan gɛt smɔl smɔl prɔtin dɛn nɔmɔ, i de fala se wi bɔdi nɔ nid mɔ, bikɔs na jɔs wit dɛn kwantiti dɛn de we dɛn dɔn mek ɛn divɛlɔp wi ɔrganizm fɔ lɔng lɔng tɛm.

Sɔm pipul dɛn kin rili lɛk fɔ tɔk ɔltɛm bɔt bɔdi-di tin dɛn we dɛn kin yuz fɔ bil. if di "ful- balans" animal protin dɛm ɛn "nutritious meals" kin inkrɛs di ayt f□ ɛvri jɛneresh□n bay s□m s□m milimita, tide di ayt f□ m□talman go inkrɛs bay sɛvɛra mita dɛm □lrɛdi.

di atifishal vaytam in dɛm we dɛn mek wit mas n□ kin nɛva bi nyutrish□nal k□nstituɛnt dɛm f□ di rizin we rili klia se b□ku tɛm insay fayv minit afta dɛn go insay di m□talman b□di dɛn de st□p di wok dɛm f□ wi □ganism □ltogɛda; in ɔda wɔd dɛn, dɛn de drɛb wi fɔ day.

I sɔri fɔ shɔt-shɔt fɔ tek ɛni patikyula it as sɔs we gɛt wan patikyula vaytamɛn ɔ ɛni ɔda tin we de mek pɔsin it fayn. □l □rganik k□mpawnd dɛm de f□m wit k□l□s□l di sem k□nstityush□n dɛm, b□t dɛn difrɛn pan dɛn f□shal ɛn kɛmik□l pr□pati dɛm bi□s f□ difrɛns insay dɛn k□m□sh□n ɛn m□likul str□kch□. So, ɔlman no se alkol ɛn shuga na di sem kemikal ɛlimɛnt dɛn (kabɔn, haydrojɛn ɛn ɔksijɛn), bɔt dɛn difrɛn bad bad wan pan dɛn kɔlɔ, teist ɛn aw dɛn de luk. Dɛn kin kip bɔd dɛn na kech wit wan kayn sid ɔ gren ɛn bɔku tɛm dɛn kin it animal dɛn we dɛn kin mɛn na os pan wan kayn gras nɔmɔ. Bɔt stil, dɛn tin ya kin gɛt dɛn ful saplai fɔ prɔtin, fat, vaytamɛn ɛn minral frɔm di wan kayn it we dɛn gi dɛn.

Di tritmɛnt fɔ sik dɛn bay we dɛn de yuz lay lay vaytamɛn, antibayɔtik we de pwɛl ɛn difrɛn pɔyzin na ɛkspiriɛns we nɔ gɛt op we nɔ de bays pan aetiɔlɔjik ɛn bɛsik rizin, bɔt pan data we gɛt simptomatik, we de apin ɛn we de agens dɛnsɛf.

No atifishal vaytamɛn nɔ de we go ebul fɔ mek di fayn fayn balans we di natura vaytamɛn dɛn we dɛn kin bɔn pan faya gɛt bak; n□ p□yzin n□ kin rɛgɛl di n□mal bayolojikal f□nsh□n dɛm f□ di □gan dɛm ɛn gland dɛm we dɛn d□n d□n; no antibayɔtik nɔ go ebul fɔ tek di ples fɔ di natura antibayɔtik we dɛn dɔn pwɛl na di kichin.

Animal dɛn kin mɛn dɛn sos bay we dɛn de lik dɛn. Dɛn sekreshɔn ɛn saliva gɛt tin dɛn we de kil baktri. Bɔt di tin dɛn we pɔsin we de it kuk kin kɔmɔt na in bɔdi nɔ gɛt dɛn kayn tin dɛn de. Di pɔsin we de it raw kin mek di denja we siriɔs kol kin gɛt tru di ɛjɛnshi we di tin dɛn we di tisu dɛn na di say we i de blo kin pul, bɔt pɔsin we kin it we i kuk kin mek wata we de kɔmɔt na di sputum ɛn saliva, bɔt i stil nɔ ebul fɔ tinap tranga wan fɔ da sem denja de.

Di Ej fɔ Kuk-It Na di Ej We Adikshɔn, .

Lay lay lay tin dɛn ɛn Maykrob dɛn de rul pas ɔlman

Di mɛrɛsin we dɛn de yuz tide, gɛt bɔku lay lay tin dɛn we nɔ gɛt wan minin. Di ɔl mɛdikal aktiviti de bays pan di data we gɛt di sik, we de apin, we de ful pipul ɛn we de agens dɛnsɛf, we di prinsipul we impɔtant pas ɔl ɛn we impɔtant pas ɔl, dɛn dɔn bɛr am na fɔgɛt. Dis na di tru tin se DI EFISIƐNT OPƐRESHƆN FƆ ƐVRI FƐKTƆRI DE SƆBJƐKT TO DI YUNIFƆM SAPLAI ƆF DI INTEGRAL RAW MATIRIAL DƐN WE DI ƐNJINƐR SPƐSIFAY. insay dis kes, DI INTEGRAL RAW MATIRIAL DɛN NA DI M□talman F□KT□RI NA DI LIV VɛJETɛBUL SɛL DɛN ɛN N□TIN □DA.

Di man we de tide dɔn drɔnk wit sɔm tɛknikal sakrifays dɛn, i de imajin insɛf na di zenith fɔ sivilizayshɔn, we in rialiti i de drɛg pan wan mɔs primitiv, nɔ natural ɛn gruesome layf we na nɛtmɛr.

Jɛnɛral wan, insay di say dɛn we pɔlitiks, ikɔnomi, gud abit ɛn wɛlbɔdi biznɛs de rul mɔtalman maynd ɛn filin ɛn in akshɔn dɛn de dayrɛkt am bay adikshɔn dɛn we nɔ fayn ɛn lay lay biliv dɛn we nɔ gɛt natin. We dɛn fɔgɛt di prɔblɛm dɛn we impɔtant pas ɔl ɛn we impɔtant pas ɔl na layf, man dɛn kin ɛgzajarayt tin dɛn we nɔ impɔtant we nɔ impɔtant pas ɔl ɛn tɔn dɛn to impɔtant kwɛstyɔn dɛn, dɔn dɛn kin west bɔku bɔku tɛm ɛn tin dɛn, we dɛn kin mek

ɛnimi, shed oceans of blood ɛn spre universal ruin ɛn destruction.

Di wan dɛn we de rayt bɔt istri trade dɔn peint wit di kɔlɔ dɛn we rili et di impɔtɔs ɛn tribut dɛn we fɔrina dɛn we win di wɔ bin de pe. We tide, di tɛm we dɛn tek di ed fɔ di stet, man dɛn we dɛn tek as pipul dɛn we sivilizayt ɛn we gɛt sɛns de yuz difrɛn we dɛn we dɛn dɔn mek lɛk se dɛn na lɔ fɔ tek pas 90 pasɛnt pan di ɔl mɔni we dɛn yon pipul dɛn de gɛt fɔ mek dɛn go satisfay dɛn pasɔnal adikshɔn ɛn tin dɛn we dɛn want fɔ du. Dɛn de ɛnkɔrej fɔ mek dɛn mek tabak, rɔm ɛn tin dɛn we nɔ gɛt rɔm, ti, kakao ɛn kɔfi, ɔl dɛn tin ya de ambɔg di pipul dɛn wɛlbɔdi, ɛn afta dat dɛn de prayz fɔ di bɔku bɔku mɔni we gɔvmɛnt de gɛt frɔm dɛn say dɛn de. As well, di fulish papa fɔ wan famili kin gladi fɔ in smɔl smɔl mɔni we i gɛt pan di ɛkspɛns fɔ wan paund we in pikin dɛn dɔn spɛn ɛn, wetin wɔs pas dat, fɔ di ebi prayz fɔ pwɛl dɛn wɛlbɔdi.

Dat di kɔrɛnt sɔgzhɛshɔn ɛn rɛkɛmɔndeshɔn fɔ wan wan vaytamɛn ɛn minral dɛn nɔ de ajɔst ɛni yusful rizɔlt ilɛk wetin de apin frɔm di tru tin se, we di ɔl-pawa adikshɔn want fɔ gɛt, di it we mɔtalman de it, de divɛlɔp smɔl smɔl pan wan we we de mek pɔsin fred we de ɛnkɔrej di prodakshɔn fɔ it dɛn we denja we nɔ gɛt vaytamɛn ɛn minral. If dɛn nɔ gɛt di smɔl rɛst ɔ rɛst, dɛn kin kɔntinyu fɔ mek faktri dɛn fɔ mek tabak, drink dɛn we gɛt rɔm ɛn we nɔ gɛt rɔm, biskit, swit, ayskrim, sosish, tin fɔ it, wayt bred, majarin ɛn difrɛn ɔda tin dɛn we de mek pɔsin denja.

Ɔl dɛn tin ya kin kam fɔ pruv dat insay di we aw dɛn de biev ɛvride pipul dɛn nɔ de gayd dɛn bay kɔmɔn sɛns, bɔt na di adikshɔn dɛn we de pwɛl ɛn di lay lay biliv dɛn we nɔ gɛt natin we patikyula to mɔtalman we de it kuk. Bɔku grup dɛn de na dis wɔl we de wɔri bɔt kwɛstyɔn dɛn we nɔ impɔtant ɛn we nɔ impɔtant ɛn we nɔ gɛt bɛtɛ intres.
Frɔm naw, di men wok we sivilizayt man fɔ du na fɔ mek wan kampen kwik kwik wan ɛn we go mek i nɔ gɛt adikshɔn ɛn lay lay biliv dɛn we dɛn de tɔk bɔt. Dis na di wangren men we we mɔtalman go yuz fɔ du am

sakses fɔ gɛt da plɛnti, pis, kɔmfyut, wɛlbɔdi, lɔng ɛn gladi layf we i bin dɔn ɔlwayz want.

Di kɔnkrit pruf de bifo mi yay. Bay we dɛn de it raw-it nɔto na in nɔmɔ a dɔn sev mi layf, bɔt a dɔn fri misɛf bak frɔm ɔl dɛn sik dɛn we bin de mek a sɔfa ɔltɛm ɛn a dɔn drɛb da haunting specter of early death frɔm mi kpatakpata. We a ol 61 ia, we pipul dɛn we de it kuk kin stɔp fɔ wok ɛn go ritaia, a dɔn gɛt bak di wɛlbɔdi, trɛnk, trɛnk ɛn ɛnaji we yɔŋ man we ol 25 ia bin gɛt. Fɔ sɔm mɔnt, a kin wok fɔ 16 awa ɛvride, ɛn a nɔ kin fil lɛk se a taya. A rili biliv se a go liv bak di ful span fɔ pɔsin we de it kuk.

Bɔku tɛm dɛn dɔn tɔk se mɔtalman fɔ it fɔ liv ɛn nɔ fɔ liv fɔ it. Naw di tɛm dɔn rich fɔ pruv udat na di wan dɛn we de si it as we fɔ du sɔntin ɛn nɔto ɛnd insɛf. Mek dɛn kayn pipul ya fala mi ɛgzampul, step insay di arena, jɔyn an pan wan kɔmɔn kɔz, fɛt agens ɛvri mɔtalman adikshɔn ɛn opin di rod fɔ nyu ɛn gladi layf fɔ ɔl mɔtalman.

Di tɔpik dɛn we wi tɔk bɔt na dis buk nɔto spɛshal kwɛstyɔn dɛn we dɛn fɔ tɔk bɔt biɛn domɔt dɛn we dɛn lɔk. Na tin dɛm we de mɔna mɔtalman as a ɔl ɛn dɛn fɔ tink bɔt am na pɔblik so dat ɔlman go ebul fɔ no di rial raw matirial fɔ in bɔdi.

Na di duty fɔ ɔl dɛn pipul dɛn we intres pan di wɛlbɔdi fɔ dɛnsɛf ɛn dɛn pikin dɛn fɔ rayz dɛn vɔys ɛn aks fɔ mek di wan dɛn we de agens di prinsipul dɛn fɔ it raw-it fɔ sɛn dɛn kɔmɛnt to di prɛs, so dat a go gɛt di chans fɔ gi dɛn di rayt ansa ɛn so fɔ pul di dawt we di jenɛral pɔblik gɛt bɔt di tichin bɔt raw-it.

Apɛndiks

Bɔku tɛm, pipul dɛn we de rid mi buk dɛn bɔt raw-eating kin aplay to mi fɔ dɛnsɛf ɛn we dɛn de rayt ɛn aks fɔ di ditel dɛn bɔt wan spɛshal raw-eating it. Naw, di pɔsin we de it raw nɔ gɛt ɛni patikyula program fɔ mɔnin, .

midde ɔ ivintɛm it. I kin it ɛnitɛm we i want, ɛnitin we i want ɛn lɛk aw i want fɔ it. Bɔt bikɔs pipul dɛn we de it kuk, bikɔs dɛn dɔn yus to spɛshal awa ɛn lɔ dɛn fɔ it, want fɔ si di sistɛm fɔ it raw, sɛf, we dɛn rigul ɔnda sɔm lɔ dɛn, lɛ i bi so. No patikyula bad tin nɔ de we de apin to am.

Na tru se i pas di ebul we wan pɔsin ebul fɔ wok fɔ ditayla risɛp dɛn ɛn fɔ plan difrɛn mɛnyu dɛn fɔ gɛt bɔku bɔku nyu it dɛn. Di bɔku bɔku difrɛn difrɛn it dɛn we dɛn kuk ɛn it dɛn we dɔn pwɛl we wi de si tide, dɛn dɔn mek am smɔl smɔl, insay bɔku bɔku tawzin ia ɛn bɔku bɔku pipul dɛn dɔn tray tranga wan.
We pipul dɛn dɔn biliv las las se di we we sɛns pas ɔl fɔ it na fɔ it raw, bɔku kayn it dɛn we gɛt fayn fayn it dɛn go mek dɛn apia, lɛk se na wan nɛt.

If i yuz sɔm wiks pan di tɛm we i kin spɛn fɔ kuk, ɔl uman we de wok na os go ebul fɔ wok aut, akɔdin to in yon teist, bɔku bɔku fayn fayn nyu it dɛn bay we dɛn miks di bɔku bɔku raw it dɛn we wi gɛt; ɛn we i de du dat, i go mek di jenɛral mɛnyu jɛntri di sem tɛm. Lɛ wi tek wi yon famili as ɛgzampul.

Afta bɔku tray a kam fɔ no se it dɛn lɛk grens, puls, potato, ɔbergine ɛn marrow, we di raw kɔnsɔmshɔn we pipul dɛn we gɛt adikshɔn to it kin tek am se i nɔ pɔsibul, kin miks dɛn difrɛn kwantiti fɔ mek dɛn kayn sawnd salad dɛn de we go mek i gladi ivin di pɔsin we biliv tranga wan we gɛt adikshɔn to mit.

Wi kin sok wit, lentil, chikip, bins, ɛn ɔda tin dɛn insay bɔku wata. We dɛn bigin fɔ gro insay wan ɔ tu dez, wi kin was dɛn wit fresh wata. Dɔn wi kin pul dis wata, kɔba di pɔt wit lid ɛn put am na say we kol. Insay dis kɔndishɔn dɛn kin it dɛn fɔ tri ɔ 4 dez. Dɛn kin tek dɛn bak wit rɛsin, walnut, dɛt ɛn bɔku ɔda tin dɛn we dɛn kin it ɔ dɛn kin miks dɛn wit difrɛn salad dɛn.

We wi want fɔ mek salad, wi kin pas wit, lentil, ɛn ɔda tin dɛn tru wan mins-mashin, ɛn gret pɔt ɛn karɔt pan fayn fayn wan

grata we de mek tin dɛn; dɔn wi kin kɔt kɔkumba, tomato ɛn anɔynt insay tin slais wit nɛf, ɛn shred grɛn pepa ɛn sɔm kayn grɛn vɛjitebul dɛn.

Naw wi de miks dɛn ɔl togɛda ɛn ad raw ɔliv ɔyl, fresh lɛmon jus ɛn smɔl fresh spring wata. Wan kin ad walnut, rɛsin, dɛt, ɛn ɔda tin dɛn bak. Di rilitiv kwantiti fɔ di ingridiɛnt dɛn dipen pan wan wan teist. Insay sɔmma i kin fayn fɔ it dɛn kayn salad dɛn de we dɛn dɔn ays.

If yu tek di we aw dɛn de mek dis salad as di bɛnifit, i pɔsibul fɔ mek bɔku difrɛn salad dɛn we gɛt difrɛn flawa ɛn we aw dɛn de luk bay we yu yuz ɔl kayn grɛn ɛn difrɛn ɔda vɛjitebul dɛn, lɛk spinach, lɛtis, ɔbanjin, bitrut ɛn, in jɔnal , ɛnitin we wi vɛjitebul gadin dɛn de gi, bɔt di impɔtant tin dɛn we de insay di salad na grens, puls ɛn pɔt.

Dis salad fɔ bi di men tin fɔ it fɔ ɔl mɔtalman. Dis nyutrimɛnt, we na di kɔmplit it fɔ di wan dɛn we jɛntri ɛn di wan dɛn we po, gɛt di bɛnifit dɛn fɔ bi wɛlbɔdi, strɔng, satisfay, it ɛn i nɔ dia. Na it we gɛt ɔl di tin dɛn we impɔtant fɔ mek pɔsin liv lɔng ɛn gɛt wɛlbɔdi. Na prɛskrishɔn fɔ ɔl di sik dɛn. Wan plet we ful-ɔp wit dis it, togɛda wit smɔl ɔda frut, kin rili du fɔ mit di tin dɛn we man nid ɛvride ɛn di sem tɛm fɔ gi am di bɛst tin fɔ protɛkt am frɔm ɔl kayn sik.

We yu tek tɛm tink bɔt di rili dia we sɔm kayn dɛn gɛt pan frut dɛn we nɔ kin bɔku insay di kol sizin, sɔm pipul dɛn kin tink se fɔ it raw-it go rili dia da tɛm de. Dɛn kin imajin se di pɔsin we de it raw nɔ fɔ it natin pas fresh frut ɔl di ia. Fɔ tru, dis nɔto tru. Pipul dɛn de we kin dɔn wan big it wit bɔku bɔku frut dɛn. If dɛn kayn pipul dɛn de it da frut de wit jɔs wan pat pan di bred we dɛn kin it (bɔt na di raw fɔm wit, fɔ tru), dɛn go si se dɛn dɔn ful-ɔp wit satisfay. Dis we ya, dɛn go sev ɔl tu di spɛns ɛn di trɔbul fɔ pripia it we dɛn kuk, ti, paste ɛn ɔl kayn ɔda tin dɛn we dɛn kin it we dɔn pwɛl.

Sɔm it dɛn de, lɛk wit, walnut, rut vɛjitebul, we dɛn kin si insay ɔl di sizin dɛn insay di ia wit smɔl chenj nɔmɔ pan dɛn prayz. Pantap dat, dɛn kin tek advantej pan fresh frut dɛn we dɛn de insay di sizin; so, we mɔlbɛri bɔku wi kin it wisɛf mɔ pan mɔlbɛri, ɛn so wit greps ɛn ɔda frut dɛn.

Insay di kol sizin, dɛn kin sok bɔku kayn frut dɛn we dɛn dɔn dray na di wɔl insay kol wata, tɔn dɛn to raw kɔmpɔt ɛn ɛnjɔy dɛn wit bɔku gladi at. To dis kɔmpɔt wi kin ad sɔm nɛt, pistachio, sprouted wit, kadɛm ɔ vanila paoda, ɛn ɔda tin dɛn.

Apat frɔm we wi de it walnut, amɔnd, pistachio ɛn hazel nat we dɛn de na dɛn natura stet, miks wit ɔda dray frut dɛn, wi kin grind dɛn bak ɛn yuz dɛn difrɛn ɔda we dɛn, ɔ wi kin miks dɛn wit raw vegjetabul hotchpotch ɔ difrɛn kɔmpɔt dɛn. Di kɔnfɛkshɔn we kin mek pɔsin we de it raw kin gladi pas ɔl na di "Halva" ɔ swit mit we dɛn kin mek wit walnut, amɔnd ɔ pistachio. Dɛn kin krɔs dɛn tin ya, spays fɔ teist wit kadɛm, vanila ɔ safrɔn ɛn kɔt dɛn to smɔl smɔl skwea dɛn. Dɛn kin it dis Halva wit di big big relish wit difrɛn grɛn vɛjitebul dɛn. Dɛn kin put am insay lɛtis lif ɛn it am lɛk wan kayn sanwij. Wata we dɛn miks wit fresh lɛmon jus na di bɛst drink w

Fɔ dɔn, i nid bak fɔ mɛmba di wan we de rid bɔt wan rili impɔtant tin we wi fɔ mɛmba ɔltɛm. Insay di fɔs tɛm we pipul dɛn we gɛt adikshɔn to it raw it kin gɛt difrɛn kayn tin dɛn we kin mek dɛn nɔ fil fayn, we kin mek dɛn tink se raw it kin ambɔg dɛn ɛn i kin mek dɛn wik ɔ mek dɛn sik. Wi fɔ mɛmba se ɔl di mistek ɛn bad bad kɔnsɛpshɔn dɛn we de naw na di itɛttiks gɛt dɛn ɔrijin frɔm dɛn kayn impreshɔn dɛn ya we de sho ɛn we nɔ gri wit dɛnsɛf.
So, di sayn dɛm we pɔsin kin gɛt na do nɔ fɔ ɛva bi ɛkskyuz fɔ lɛf di wok we i dɔn af-af. I nid fɔ wet fɔ di las rizɔlt, we kin tek sɔm wik ɔ mɔnt fɔ kam. Bɔt if sɔntɛnde dɛn miks it dɛn we dɛn kuk wit raw nyutrimɛnt, dɛn rizɔlt dɛn de kin delay bad bad wan ɛn dɛn nɔ kin wok ɔ dɛn nɔ kin apin atɔl.

Dɛn diskɔmfɔt nɔto natin pas di riakshɔn fɔ mɛn, ɛn bay di resistans we dɛn sho to dɛn go ebul fɔ fri dɛnsɛf frɔm ɔl di sik dɛm we dɛn no ɛn we dɛn nɔ no.

Di tin we kin las pas ɔl pan dɛn tin dɛn de we kin mek pɔsin nɔ fil fayn na we pɔsin kin want fɔ gɛt it we dɛn kuk. □ltu, wi f□ mɛmba se di impuls dɛm f□ di "angri" we dɛn fil □nda dɛn kayn tin dɛm ya n□ de mek di n□mal □ hɛlty sɛl dɛm, b□t di sɛl dɛm we dɛn d□n d□n, we n□ de yus ɛn we n□ de wok ɛn di p□yzin dɛm we de k□m□t na di b□di; in ɔda wɔd, bay di sem sik we de west di ɔrganizm. f□ dat, na bay we wi de bia ɛn rɛsist da filin de f□ "angri" we wi go ebul f□ pul dɛn p□yzin dɛm de, pul di prɛsɛns f□ di sɛl dɛm we n□ gɛt valyu, bil di kompliment we nid f□ di aktif sɛl dɛm ɛn sikyu□r wan tɛm f□ □l di bɛlɛns dɛm f□ gud wɛlbɔdi. Evri awa we wi de bia wit da "angri" de na win na wi fɛt agens sik.

Tehran, insay 1963

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PAT TU

Di Kɔnstrɔkshɔn fɔ di Mɔtalman Ɔganism

Di tɔpik dɛn we a tɔk bɔt na dis buk nɔto spɛshal prɔblɛm dɛn. Dɛn na kwɛstyɔn dɛn we de tɔch mɔtalman as a ɔl. Dɛn kin afɛkt ɔl di wan dɛn we gɛt bɔdi ɛn we de liv; dɛn kin bisin bɔt ɔl di wan dɛn we gɛt mɔt ɛn it. Na dat mek a kin tray ɔltɛm fɔ rayt insay simpul langwej as a ebul, we a de bays mi kɔnklushɔn pan jenɛral data ɛn argumɛnt, we a nɔ de klɔg mi raytin wit dɛn kayn sayɛns ditil ɛn tɛminɔlɔji we nɔ de digest we bɔku pan mi rida dɛn nɔ ebul fɔ ɔndastand. Insay mi -argumɛnt dɛn, a nɔ de abop pan bɔku bɔku data we de apin ɛn we de agens dɛnsɛf we dɛn gɛt na di lɛbɔraytri bay we dɛn nɔ pafɛkt ɔ, di wɔs tin, pan ɛni mistek asɔmpshɔn we dɛn mek bay dɛn kayn data de. Di pruf dɛm we a de prɛzɛnt na di lɔ dɛm we nɔ go ɛva chenj na di nature ɛn dɛn kayn jenɛral kɔnklushɔn dɛm we dɛ

ɛkspiriɛns, ɛn we ɛvri 'pɔsin na ɔl di kɔna dɛn na di wɔl kin tɛst ɛn chɛk fɔ insɛf wantɛm wantɛm.'

In rialiti, di kɔnsɛpshɔn fɔ it raw-it so simpul dat dɛn kin sɔm am insay tu klia sɛntɛns dɛn: di pɔsin we mek mɔtalman bɔdi dɔn mek in kɔrɛspɔndɛns raw matirial dɛn bak; if wi deliv dɛn raw mɛtirial dɛm to di b□di in □lsay, wi n□ t□m□t wit dɛm, di m□talman □ganism go komplit in ful span f□ layf we i n□ go day pan ɛni sik.

Ɛnibɔdi we de si klia wan fɔ ɔndastand di tru minin fɔ dɛn tu sɛntɛns dɛn de ɛn fɔ gi am di tin we i nid fɔ tink ɛn tink bɔt, kin izi fɔ no us bad bad tin di man we de tide in it de. I kin si bak wit ikwal izi se insay di say we dɛn de fɛt mɔtalman sik dɛn fɔ lɔng lɔng tɛm we dɔn pas, man dɛn dɔn de yuz dɛn kayn we dɛn de we dɛn mek mistek ɛn we denja ɛn, pan ɔl dat, ɔl dɛn we dɛn de nɔ gɛt bɛtɛ kɔnekshɔn fɔ tru wit di men tin dɛn we kin mek pipul dɛn gɛt sik .

Afta we a dɔn tek tɛm stɔdi fɔ lɔng tɛm ɛn di bɛsis ɛkspiriɛns we a dɔn gɛt fɔ misɛf, tide a nɔ gɛt wan dawt se di natura l sistɛm fɔ it nɔ jɔs de fri mɔtalman frɔm ɔl kayn sik, bɔt i de gi ɛvri mɔtalman wan wɔndaful lɔng layf we ful-ɔp wit pis, gladi at ɛn kɔmfɔt.

Di layf fɔ di man tide na bad bad drim, we bɔku bɔku sin dɛn, adikshɔn ɛn bad tin dɛn de mɔna am. Fɔ tru, i go nid fɔ ful-ɔp bɔku bɔku volyum dɛn fɔ mek dɛn ebul fɔ tɔk bɔt ɔl di bad tin dɛn we mɔtalman de du, fɔ kɔnt di bad abit dɛn we i gɛt fɔ it, fɔ sho smɔl smɔl di bad bad kɔrɔpshɔn we i gɛt pan in abit dɛn ɛn las las fɔ sho wan bay wan di difrɛn mistek dɛn we dɛn kin yuz fɔ fɛt dɛn bad tin dɛn de. Bɔt di fɔs prɔblɛm we de bifo wi na fɔ mek ɔlman no klia wan aw dɛn kin bɔn sik dɛn ɛn wetin na di radikal we fɔ pul dɛn sik dɛn de wans fɔ ɔltɛm.

Fɔs, i nid fɔ no aw wi ɔrganizm de kɔnstrɔkt ɛn wetin na nyutrishɔn.

As wi no, layf na wi planɛt bin kam fɔ di fɔstɛm we na tin dɛn we gɛt wan sɛl. leta, dɛn wan wan wan sɛl b□di dɛm de wok togeda f□ mek difrɛn grup dɛm ɛn f□ mek m□lti-sɛl □ganism dɛm bi. di f□s wok we f□s sɛl dɛm de du insay di tɛm de divɛl□p te i b□n wan liv tin we gɛt b□ku mili□n sɛl dɛm.

ɛvri wan wan sɛl na k□mpleks □ganism insɛf, b□t na so di □ganism dɛm gɛt dɛn difrɛn stej dɛm f□ divɛl□pmɛnt. di m□st primitiv yunisɛlula □ganism dɛm na bin amoeba dɛm we gɛt di m□st ɛlimɛntɛri str□kch□, we bin de muv arawnd insay wata f□ n□ apɛrɛnt p□ynt dɛm. Di wangren wok we dɛn bin de du na fɔ luk fɔ it, it, fɔ digest ɛn fɔ bɔku bay di simpul we aw dɛn bin de sheb dɛnsɛf to tu. Dɛn bin gɛt dɛn rudimɛntri dijestiv ɔgan dɛn, we bin de divɛlɔp smɔl smɔl as tɛm de go. we dɛn de divɛl□p leta, dɛn sɛl dɛm de grup dɛm t□geda f□ mek m□lti-sɛl □ganism dɛm. in ɔda wɔd, we dɛn lɛf dɛn layf we nɔ gɛt aim we dɛn kɔl detached individualism, dɛn kin pas to layf we de wok togɛda, usay ɛni sɛl gɛt patikyula wok fɔ du insay di agrɛgrɛt patɛn fɔ kɔlektif aktiviti dɛn.

Kɔmpia di individyual layf fɔ di fɔstɛm man, bifo am kin ivin tɔk fayn, wit di kɔ-ɔp layf fɔ tide big neshɔn dɛn, usay difrɛn grup dɛn fɔ pipul dɛn de wok togɛda. Bɔt ivin insay wi advans sosayti tide pɔsin kin fɛn yuslɛs, stupid, parasayt ɛn kriminal karakta dɛn we de mɛmba wi slothful gret gret granpa dɛn we bin de insay di fɔstɛm tɛm. Bɔt pan ɔl dat, dɛn kayn tin dɛn ya kin liv sayd to sayd wit man dɛn we gɛt spɛshal sɛns ɛn we gɛt sɛns.

di sem tin de apin to di m□talman b□di, usay yusles, parasayt sɛl dɛm de k□ri□n dɛn s□mtɛm s□mtɛm alongsay di sɛl dɛm we rili yusful insay wan m□st advans stej f□ divɛl□pmɛnt. di m□talman b□di gɛt in difrɛn □ganayzeshn ɛn establishmɛnt dɛm, we dɛn k□l gland, □gan, sistɛm, ɛn □da tin dɛm. dɛn □gan dɛm ɛn sistɛm dɛm de du dɛn wok bay we patikyula grup dɛm f□ spɛshal sɛl dɛm de tray wan tɛm. i intrestin f□ no se dɛn spɛshal sɛl dɛm ya n□ de du dɛn spɛshal wok bay di ɛp f□ spɛshal instr□mɛnt dɛm ɛn

ikwipmɛnt dɛn we dɛn mek na do; bifo dat, ɛni wan pan dɛn insɛf kin chenj, tru in wan ol strɔkchɔ, to wan faktri we rili kɔmpleks.

so, di sɛl dɛm we de fɔm di kidni dɛm gɛt spɛshal drein ɛn filta ikwipɛshɔn we dɛn de yuz fɔ separet frɔm di bɔdi ɛn dɛn de kɔl wit di urine di dɔti ɛn pɔyzin dɛm we de ambɔg di ɔganism; di sɛl dɛm na di gland dɛm de tek di raw mɛtirial dɛm we nid frɔm di intasɛlula fɔluid (we raw mɛtirial nɔ de na di it we dɛn kuk) ɛn, we dɛn kɔnvɔlt dɛm to ɔmon, dɛn de gi dɛm to di bɔdi; di sɛl dɛm na di mɔsul dɛm gɛt spɛshal kɔntraktil pawa we de mek dɛn ebul fɔ mek di bɔdi muvmɛnt dɛm ɛn du hɛvi mɛkanikal wok; fɔ finish, di nɛv sɛl dɛm de pawa wit yad dɛm fɔ fayv dɛm we di kɔmand dɛm na di bren de pas to di wan ol bɔdi. so ɛvri wan pan di sɛl dɛm we de fɔm di mɔtalman bɔdi na komplikɛt fɔktri fɔ wan patikyula strɔkchɔ we difrɛn pan in wok frɔm di wan dɛm we in neba dɛm de du, i bigin frɔm di sɛl dɛm na di nel dɛm, ia, bon dɛm, mɔsul dɛm ɛn gland dɛm to di sɛl dɛm na di bren.

Wi nɔ gɛt wan dawt fɔ se i bin fɔ dɔn rili intrestin fɔ gɛt kɔmplit no di strɔkchɔ fɔ di sɛl dɛm ɛn di nɛchɔr fɔ ɔl di aktiviti dɛm ɛn prɔsɛs dɛm we de apin insay dɛm. Bɔt ivin if bay sɔm mirekul mɔtalman go ebul fɔ go insay ɔl di sikrit dɛn we ayd na di sɛl dɛn ɛn di difrɛn difrɛn wok dɛn we dɛn de du, i nɔ go nid fɔ ful-ɔp bɔku bɔku buk dɛn, bɔt i go nid fɔ ful-ɔp bɔku bɔku buk dɛn fɔ tɔk bɔt dɛn, pan ɔl we wi ɔl go nid fɔ gɛt wan duzin layf fɔ gɛt jɔs fɔ si ɔl wetin dɛn rayt.

Kontrari to di pretentious klems of som bostful braggarts, man gɛt smɔl infɔmeshɔn fɔ tru bɔt ɔl dɛn tin ya. Wit evri advans in in stɔdi i fɔ dɔn biliv mɔ ɛn mɔ se di no we i bin ebul fɔ gɛt na infinitesimal pat pan wetin stil lay ayd frɔm am. Bɔt stil, bikɔs di man we de tide dɔn drɔnk wit sɔm tɛknikal sakrifays dɛn, i de imajin insɛf na di say we sayɛnsman dɛn pafɛkt ɛn i nɔ gɛt ɛnitin fɔ du wit am ɔ i de ambɔg da mirekul de we i want, we na di mɔtalman ɔrganizm. Infakt, i so naively presumptuous dat by means of di most terrible

contrivances ɛn bay ivin mɔ terrible poisons i de du desperately insane EXPERIMENTS fɔ mek i ebul fɔ sɔlv di dizayd dɛm we dɔn mek dɛn apia na da ɔrganizm de. Fɔ tru, dɛn nɔ dɔn du natin te naw bay ƐKSPIRIMƐNT, ƐKSPIRIMƐNT ƐN STIL MƆ ƐKSPƐRIMƐNT. Pantap dat, i nɔ jɔs de mek dɛn ɛkspiriɛns dɛn de pan po animal dɛn we nɔ gɛt ɛnitin fɔ fɛt, bɔt i de mek bak pan in yon bɔdi, pan in pikin dɛn we i lɛk, pan ɔl mɔtalman. I NƆ SI ƐNI ƆDA WE FƆ GƐT IN GƆL.

Bɔt wi fɔ kip wan tru tin we wi nɔ go ebul fɔ tɔk bɔt ɔltɛm: man we nɔ no di rayt we aw ɔdinari wach de wok nɔ fɔ ɛva tek am fɔ mek am fayn, bikɔs i de fred se i go trowe di wan ol mashin insay dizayd bay we i simpul fɔ muv in an di rɔŋ we. Wi kin kɔmpia di tin dɛn we di sayɛnsman dɛn tide dɔn du pan mɔtalman ɔrganizm to di tin we di wokman we dɔn wok na wan faktri fɔ sɔm dez, kin tray fɔ pul in mashin dɛn ɛn gɛda am bak, we nɔ gɛt sɛns.

Insay di kes fɔ wan akyu sik di hila na ɔltɛm nature, bɔt di dɛn kin se di mɛrɛsin we dɛn kin mɛn na di we aw di mɛrɛsin dɛn kin wok, pan ɔl we insay di bɔku bɔku tɛm dɛn we di sik kin kil pɔsin as dairekt rizɔlt we dɛn gi am di mɛrɛsin, dɛn kin se day ɔltɛm na di we aw di sik kin apin. Wi fɔ ɛksplen se insay sik dɛn we nɔ de mɛn, drɔgs, as lɔ, de mek di kɔndishɔn wɔs ɛn mek di ɔrganizm pwɛl.

Dɔn, wetin man fɔ du we in ɔgan dɛn bigin fɔ wok di rayt we? Ɛnibɔdi de na di wɔl we no ɔl di tin dɛn we mɔtalman gɛt di sem we aw injinia sabi ɔl di difrɛn tin dɛn we de insay in faktri, te to di las skru? Ofcourse nɔto so. As a bin dɔn tɔk ɔp, dɛn kin trɔs di ripɛnt fɔ ɛni mɛkanism to da spɛshal pɔsin nɔmɔ we gɛt di skil ɛn abiliti fɔ separet ɔl di pat dɛn na di mashin we dɛn gi am ɛn put dɛn bak togɛda. Bɔt mɔtalman nɔ ebul fɔ du dis tin we i kam pan in yon bɔdi!

So wetin mɔtalman fɔ du pan di tin dɛn we de apin? I fɔ fold in an ɛn rɛsayn insɛf to di fickle caprices of in fate, ɔ i fɔ rɛsayn insɛf

briŋ bad bad tin to ed bay we dɛn de kɔntinyu fɔ mek nyu pɔyzin dɛn ɛn bay di krayse ɛkspiriɛns dɛn we dɛn de du wit dɛn? Nɔto wan ɔ di ɔda wan. Laki, wan we de kwik ɛn we rili izi fɔ mek mɔtalman fri insɛf frɔm ɔl di sik dɛn.

We injinia de bil faktri, bay we i de yuz matematiks kɔlkyulɛshɔn i de disayd di kwaliti ɛn kwantiti fɔ ɔl di raw matirial dɛn we nid fɔ da faktri de, ɛn bak di kia we dɛn fɔ tek fɔ di opareshɔn ɛn mentenɛns fɔ in mashin dɛn. Dɔn i kin gi garanti fɔ di layf we di faktri we dɛn gi am go wok, bɔt dɛn tek tɛm du wetin i tɛl dɛn fɔ du.

Wetin na Nutrishɔn?

Jɔs lɛk aw ɛvri injinia kin mek ditayla kɔlkyulɛshɔn fɔ spɛsifa di raw matirial we impɔtant fɔ di faktri we i dɔn disayn, so bay we i yuz di kɔmpyutishɔn dɛn we kɔrɛkt pas ɔl di wɔndaful Nature dɔn mek di raw matirial dɛn we nid fɔ ɔl di animal dɛn inklud Mɔtalman.

We wi want fɔ bil ɔdinari faktri, fɔs wi kin bil wan fayn bildin, dɔn wi kin put ɔl di mashin dɛn we wi nid ɛn di dainamo insay de, ɛn fɔ dɔn, fɔ mek di faktri bigin fɔ mek am, wi kin gi am di fiul we i nid ɛn raw matirial dɛn. Naw bikɔs di mɔtalman ɔrganizm gɛt wan kɔnstrɔkshɔn we rili kɔmpleks, in raw matirial dɛn na kɔrɛspɔndɛns kɔmpleks nature, we gɛt bɔku bɔku tin dɛn.

Nature don du wan stupendous amount of wok fo dat dairekshon. f□s, f□ di simpul str□kch□ f□ di sɛl dɛm i d□n pripia simpul bildin mɛtirial dɛm, we de difrɛn akɔdin to di kayn sɛl dɛm. So, di sɛl dɛn na di ia nid wan patikyula kayn bildin matirial, di wan dɛn na di nel dɛn nid ɔda kayn. Na di sem tin kin apin to di sɛl dɛn na di mɔsul dɛn, di gland dɛn, di nerv dɛn, ɛn ɔda tin dɛn. Bɔt sɛl dɛn we gɛt dis kayn simpul strɔkchɔ nɔ gɛt ɛni yus yet; naw dɛn fɔ gi ɛni wan pan dɛn di rayt ikwipmɛnt we kɔrɛkt to di patikyula wok we dɛn de du, we dɛn stil nid fɔ bil mɔ tin dɛn fɔ

i nid f gi dɛn sɛl dɛm de enɛji ɛn gi di raw mɛtirial dɛm we nid f di prodaktiv pɛreshn dɛm f di gland dɛm.

Bay in provayd we nɔ de fel, Nature dɔn gɛda ɔl dɛn wan ya matirial dɛn, we di nɔmba kin rich tɛn tawzin. Ɛni wan pan dɛn tin dɛn de gɛt in rayt kwantiti. So, fɔ wan kayn tin wi kin nid wan tawzin gram, fɔ ɔda kayn wan na wan gram nɔmɔ, fɔ wan pat pan tri pat we smɔl lɛk wan tawzin pat pan wan gram. Dis na di oparetiv rul na ɔl di faktri dɛn. I impɔtant fɔ mek dɛn tin dɛn de de na di sɛl dɛn ɔltɛm insay di kwantiti we dɛn dɔn disayd bifo tɛm. Speshali, dɛn fɔ tek spɛshal kia fɔ mek shɔ se nɔbɔdi pan dɛn nɔ de na di agrɛgrɛt kɔlekɛshɔn.

Ɔlman, we lan buk ɛn simpul, jɛntri ɛn po, na in wangren gɛt in yon bɔdi ɛn na di wangren dairekta we gɛt fɔ du wit da mirekul wɔl de we gɛt galɛksi dɛn we de insay.

I intrestin fɔ no se ɔl di tin dɛn we gɛt layf na dis Wɔl, frɔm wan Ant ɔ wan Sparo to di Ɛlifant, no da agrɛgrɛt kɔlekɛshɔn de ɛn yuz am ful wan fɔ dɛn it we dɛn nid.

Paradoksal inof, frɔm di tɛm we sivilizayshɔn bigin, man nɔmɔ, as solitary exception in di whole wide world, dɔn tek lɛf pan in sɛns ɛn i dɔn kɔmplit wan lɔs di integriti fɔ di very matirial dɛn we impɔtant fɔ in yon wɛlbɔdi. Na dat mek i de wok de ɛn nɛt na in laboratori ɛn risach wokshɔp, du ɔlkayn tɛst ɛn ɛkspiriɛns, fɛn di sem kayn tin dɛn wan bay wan, mek dɛn kwik kwik wan na in faktri, mek strenj nem fɔ dɛn, ful-ɔp dɛn insay bɔks ɛn bɔtul , ɛn skata dɛn ɔlsay na di wɔl, so dat pipul dɛn go swɛla dɛn ɛn nɔ angri. Ɛn ɔl dis dɛn de kɔl sayɛns.

Sayɛnsman dɛn nɔ no wetin dɛn de du, dɛn dɔn step insay di arena we de agens di nature. We dɛn blayn wit adikshɔn, dɛn man dɛn de nɔ ebul fɔ si se tru bɔku bɔku ia ɛn bay di kɔrɛkt kɔlkyulɛshɔn we wi mama Wɔl, insay in Prɔvidɛns, dɔn briŋ togɛda, dɔn kɔnsɛntret to plant ɛn dɔn ful-ɔp di wan ol

di wɔl wit dɛn vɛri nyutritiv kɔnstituɛnt dɛm we dɛn jɔs bigin fɔ no, wan bay wan.

Ɔl di tin dɛn we gɛt layf na di wɔl dɔn kɔmɔt frɔm di... di sem gret gret granpa dɛm, bɔt as tɛm de go dɛn dɔn tek difrɛn evolushɔn dɛyshɔn dɛm. di anatomical ɛn physiological difrɛns bitwin mɔtalman ɛn ɔda animal dɛm na fɔndamɛntli rili sɔm.

Jɔs lɛk mɔtalman, dɛn animal dɛn de sɛf gɛt at, lɔng, liva, kidni, blɔd, bon, bren, ɛn ɔda tin dɛn. Dɛn ɔgan dɛn de aks fɔ di sem tin dɛn we de gi dɛn tin fɔ it lɛk aw di ɔgan dɛn na mɔtalman de aks fɔ. Di big mistek we di risach bayolojist dɔn mek na fɔ west tumɔs tɛm ɛn tray fɔ invɛstigat ɔl sɛkɔndari, trifling ɛn kɔntradiktɔri prɔblɛm dɛn, wit we i dɔn klos in bren ɛn mudul in maynd, instead fɔ abop pan dɛn kayn jenɛral fakt ɛn data ya as dɛn de na in an ɛn bays in no pan di rizɔlt dɛn we i gɛt bay essentially fundamental experiments.

Wi fɔ tek not pan di tru tin se we animal pul "paltry" lif frɔm tik na di fɔrɛst, i de satisfay ɔl di nid fɔ in ɔrganizm bay we i it da "simpul" lif de. insay da wan lif de, nature dɔn kɔnsantre ɔl dɛn tin dɛm we nid fɔ mek nyu sɛl dɛm na di bɔdi fɔ da animal de; fɔ difrɛnt dɛn sɛl dɛm, fɔ gi dɛm it ɛn gi dɛm ɛnɛji, ɛn fɔ fɔ gi di imɔtant raw mɛtirial fɔ di gland dɛm.

In shot, dat lif kompris di ful-balans raw matirial fɔ di animal ɔrganizm; Dat lif na di rayt NUTRIMENT fɔ animal.

Ɔl di Vayriet Raw Vɛjitebul dɛn Kɔnsist Essentially of di Di sem Kɔnstityushɔn dɛn

If di animal we wi dɔn tɔk bɔt, we nɔ ebul fɔ fɛn ɛnitin fɔ it apat frɔm da lif de, fɔ liv pan da wan kayn it de fɔ mɔnt ɔ ia, in ɔrganizm nɔ go fil ɛni dɛfisiɛns pan vaytamɛn ɔ ɔda tin dɛn we de mek i fayn fɔ dat. I nɔ mek ɛni difrɛns if

insted of di lif fo tik, i get som oda plant dem fo am.
Wetin impɔtant na di tru tin se di it we i de it na NATURAL AND INTACT.

We dɛn put sɔm tin fɔ it bifo ɔs ɔ dɔnki, dɛn nɔ kin ɛva wɔri dɛnsɛf bɔt di tink se di bɔku bɔku prɔtin ɔ vaytamɛn dɛn nɔ go du fɔ di animal, pan ɔl we wi no gud gud wan se animal dɛnsɛf, lɛk mɔtalman, dɛn nid ɛvri kayn vaytam in, minral dɛm ɛn □da tin dɛm we de mek yu b□di.

Ɔlman kin si klia wan se di tin dɛn we di tawzin difrɛn kayn animal dɛn kin pik fɔ it, so smɔl dat dɛn nɔ kin ɛva gɛt di chans fɔ pik ɛn pik wetin dɛn go lɛk fɔ it. Dɛn fɔ liv pan di smɔl smɔl kɔmɔn it dɛn we de na dɛn neba we de nia dɛn.

Bɔt pan ɔl dat, wi nɔ ebul fɔ fɛn wan kes we gɛt avitaminosis ɔ ɛni ɔda tin we nɔ gɛt bɛtɛ tin fɔ it pan dɛn.

If yu tek di it dɛn we dɛn animal dɛn de it insay di lab□t□ri dɛm f□ bayolojist dɛm, insay ɛvri wan pan dɛm dɛn go f□n sɛvɛra tin dɛm we gɛt difrɛn kwaliti ɛn kwantiti. Dɔn dɛn go tɛl yu se insay wan patikyula plant bɔku prɔtin, bɔku fat ɛn bɔku wan vaytamɛn ɔ ɔda wan de. So insay ɛni plant dɛn go kɔnt sɔm 10-15 tin dɛn we dɛn dɔn ebul fɔ fɛn ɛn dɛn go tek tɛm no di kwantiti dɛn wan bay wan. Ivin insay di frut dɛn we rich pas ɔl di nɔmba fɔ di kɔnstituɛnt dɛn we dɛn dɔn ebul fɔ fɛn dɔn strikt wan. In rialiti, dis nɔ pruv se ɛni wan pan dɛn it dɛn de gɛt di duzin ɔ so tin dɛn nɔmɔ we dɛn fɛn; bifo dat, na indikɛsh□n se dɛn tɛknikal skil ɛn ris□s dɛm n□ rili indekwayt f□ anal□z ful wan ɛn f□ disayd kwalitatif ɛn kwantiti □l dɛn k□nstituɛnt dɛm we dɛn kam t□geda na nature in lab□t□ri f□ b□n di vɛgɛtebul b□di we dɛn gi.
I min se insay di patikyula it dɛn d□n ebul f□ diskovri □nli dɛn f□s kayn k□nstityush□n dɛm; di ɔda wan dɛn dɔn de ayd frɔm dɛn.

Di men rizin fɔ dis na bikɔs di tin dɛn we dɛn fɛn bay bayolojist dɛm n□to di praymar k□nstityush□n dɛm f□ dɛn vɛgɛtebul dɛm, b□t na k□mpawnd dɛm we de apin insay difrɛn f□m dɛm na difrɛn vɛgɛtebul dɛm. we dɛn go insay di animal b□di, dɛn k□mpawnd dɛm de brok d□n ɛn sɛntez dɛm bak, we di pr□sɛs de f□m nyu k□mpawnd dɛm we k□rɛkt wit di nid dɛm f□ di □ganism.

ƆL DI VƐJƐTABUL DƐN WE ANIMAL DƐN DE IT KONSIS FƆ DI SƐM BƐSIK KƆNSTITYUƐNT DƐN

Fɔs, ɔl di vɛjitebul dɛn gɛt tri men klas dɛn fɔ tin dɛn. Wan pan dɛn na wata, we wi ɔl sabi. Wi no se wi nɔ go ebul fɔ liv if wi nɔ gɛt wata, ɛn wi kin mɛmba gud gud wan se di wata we klin ɛn sef we wi no na di wan we de na frut ɛn vɛjitebul. Neks, na di roughage de kam. dis na di s□bstans we de mek di f□m f□ di vɛgɛtebul b□di dɛm, we de gi dɛm f□m ɛn f□m. Roughage n□ de brok ɛn asimilet insay di animal □gan dɛm; i de k□m□t na di b□di insay di f□m f□ f□s. Bɔt na impɔtant tin we animal dɛn kin it. If no roughage nɔ bin de ɛn di it we di animal it bin brok kpatakpata ɛn asimilet am, di intestin dɛn nɔ go gɛt natin fɔ pul am, ɛn as tɛm de go dɛn go shrivel ɛn dray. Bɔt stil, i strenj fɔ se, bɔku pipul dɛn nɔ kin si bɛtɛ so dat, we dɛn tek roughage as "indigestible", dɛn kin pul am bay wilful frɔm dɛn it, we kin mek lɛk ɔl mɔtalman kin sɔfa wit kɔnstipɛshɔn. In ɔda wɔd, di men tin we kin mek pɔsin gɛt kɔnstipɛshɔn na we i nɔ gɛt roughage na di it. Bɔt fɔ go bak to di tɔpik we wi de tɔk bɔt, di las wan pan di tri klas dɛn we de insay frut ɛn vɛjitebul na di nyutrimɛnt insɛf, we di ɔrganizm dɔn ful-ɔp fɔ digest ɛn asimilet.

di im□tant difrɛns bitwin difrɛn vɛgɛtebul dɛm de k□m□t fr□m di vɛryush□n dɛm na di rilitiv kwantiti dɛm f□ dɛn tri klas s□bstans dɛm. So, di men difrɛns bitwin di kɔmɔn gras ɛn frut na dat insay di fɔs wan dɛn we gɛt rɔf, na di frut nɔmɔ gɛt smɔl smɔl rɔf, wit bɔku kɔnsɛntret nyutrimɛnt ɛn di wata we fit. Bikɔs ɔf di spɛshal we aw dɛn mek am

di dijestiv �gan dɛm ɛn dɛn fakulti f� ruminɛsh�n, 4 fut dɛm kin ebul f� k�l ɛn grind di gras, f� pul di nyutrimɛnt dɛm we s�mtɛm skata insay am ɛn f� d�n di rɛst k�m�t na dɛn b�di. Dis na aw sɔm animal dɛn kin ebul fɔ gɛt tin fɔ it frɔm dray hay ɔ straw; di kamɛl ebul fɔ kɔntinyu fɔ liv pan dɛzat tis ɛn di dɔnki pan di gras dɛn we rɔf pas ɔl.

Frɔm dis, wi kin pul di impɔtant kɔnklushɔn se ɔl di vɛjitebul dɛn gɛt di tin dɛn we dɛn nid fɔ sɔpɔt animal ɔrganizm dɛn, na insay sɔm vɛjitebul dɛn nɔmɔ dɛn kin apia insay wan we we skata, na ɔda wan dɛn dɛn kin gɛt bɔku bɔku tin dɛn. Sɔm pan di natura l it dɛn we gɛt mɔ tin fɔ it na walnut, amɔnd, grens, puls, potato, karɔt, banana, greps ɛn ɔl di ɔda frut dɛn, afta dat di ɔda rut dɛn, ɔyl ɛn grɛn dɛn kin kam; in ɔda wɔd, di it dɛn we mɔtalman dɔn tek kɔmɔt na ɔda animal dɛn mɔt ɛn tek am fɔ insɛf. Bɔt stil, ɛnitɛm we di kwɛstyɔn bɔt raw-it kam fɔ tɔk bɔt, da sem man de nɔ shem fɔ ansa se: "Aw a go gi misɛf tin fɔ it we a nɔ kuk it?" Wan wɔd we de mek pɔsin shem pas dat we pɔsin nɔ go ebul fɔ fɛn na di wɔl, bɔt i sɔri fɔ no se di adikshɔn fɔ it bɔdi dɔn so blaynd mɔtalman dat infakt, na di we aw bɔku pipul dɛn kin ansa. Di wan dɛn we nɔ gɛt di ɛkspiriɛns we dɛn nid nɔ go ebul fɔ no aw dɛn tin dɛn de rich ɛn gɛt tin fɔ it ɛn aw smɔl tin dɛn we wi nid fɔ satisfay wit wetin wi nid ɛvride. Insay mi yon kes, i tek mi ia fɔ rich di trut. Bɔt a go tɔk mɔ bɔt dis leta.

dɛn nyutritiv k�nstityush�n dɛm we de f�n insay k�nsantreyt stet na di frut f� wan tik dɛn de f�nsh�n bak we dɛn skata s�mtɛm na in lif dɛm, bark dɛm ɛn branch dɛm. Wan big animal lɛk jrafa kin it insɛf bay we i de it tik-lif dɛn. We dɛn graft wan smɔl bɔd pan tik pan ɔda tik, i kin shot branch dɛn ɛn leta i kin gi di kɔrɛspɔndɛns frut. dis na klia indikɛsh�n se di b�d gɛt �l di ɛlimɛntɛri k�nstityush�n dɛm we implɛnt f� f�mesh�n f� wan givɛn frut.

Naw, wetin na dɛn ɛlimɛntri kɔnstityuɛnt dɛn de? Dɛn na di atɔm dɛn, we dɛn kin tek as di smɔl wan we nɔ de sheb wit kemikal

f□ wan ɛlimɛnt we kin tek pat pan kɛmik□l chenj, ɛn di m□likul dɛm, we na di s□m s□m patikyula dɛm f□ wan ɛlimɛnt □ k□mpawnd we n□mal wan kin lid wan sɛparat egzistens. Ɔl di plant dɛn we pɔsin kin it gɛt ɔlmost di sem tin dɛn, bay di difrɛn prɔpɔshɔn ɛn arenjmɛnt we difrɛn kɔmpawnd dɛn kin mek, we difrɛn frɔm dɛnsɛf pan fɔm, kɔlɔ ɛn teist. Dɔn bak, di klɔb ɛn di ship na di sem. We dɛn put di klɔb insay di ship in bɛlɛ, i kin chenj in mɔlikul strɔkchɔ ɛn bi ship.

Di sem kayn kɔrɛspɔndɛns de bitwin di frut ɛn mɔtalman.

Ɔl di vɛjitebul ɛn animal layf nɔto natin pas fɔ chenj we go de sote go ɛn di say we di atɔm dɛn de go ɔlsay. Na ya di big wɔndaful tin ɛn di nature de asɛf insɛf. Wi kin trowe wan minit gren we nɔ big pas di ed fɔ wan pin na grɔn. Afta sɔm tɛm i kin gro smɔl smɔl, dɔn i kin shot branch ɛn lif dɛn, ɛn as tɛm de go i kin gi frut. Leta dɛn kin chenj am to kaw, ɔs ɔ mɔtalman we de waka waka na dis wɔl fɔ sɔm tɛm ɛn afta dat i kin gi in atɔm dɛn bak na di Wɔl. Na de, ɔnda di pawa we di san de gi, dɛn kin gɛt layf bak, dɛn kin blo nyu layf insay dɛn ɛn dɛn kin tɔn dɛn wan tɛm mɔ to di sem plant ɛn animal dɛn, fɔ kɔntinyu fɔ gɛt saykl dɛn we nɔ gɛt ɛnd fɔ mek tin dɛn ɔltɛm.

Bɔt fɔ mek i go bɔn wan tin we gɛt layf, di vɛjitebul bɔdi fɔ kɔmplit ɛn LIV. Pantap dat, i nɔ go du fɔ mek di it jɔs gɛt layf; di pafɛkt vegjetabul nourishment fɔ bi AKTIV ɛn NƆ DORMANT.

Fɔ lɔng tɛm dɔn sho wi se bɔd dɛn we de na kech nɔ kin satisfay wit dray sid dɛn nɔmɔ. Wit dɛn dray sid dɛn de aks fɔ sɔm fresh it dɛn bak. Di patikyula kayn we fɔ dɛn sid dɛn de ɔ di fresh it nɔ rili impɔtant. Yu kin gɛt pafɛkt it bay we yu pik wan patikyula kayn sid ɔ gren ɛn ad pan am wit ɛni kayn fresh frut we gɛt vɛjitebul.

Dis tru tin de mek wi kam fɔ no se di it we pafɛkt pas ɔl nɔ kin pafɛkt afta i dɔn dray smɔl. Dɔn

aw wi go tek as nourishment dɛn tin dɛm we de k□m□t na □vin, kichin ɛn di jaw dɛm f□ mashin dɛm we de ala?

Bɔt pan ɔl dat, animal dɛn nɔ kin sɔfa bad bad wan we dɛn nɔ gɛt fresh it insay di sɔm mɔnt dɛn we di kol sizin kin kam. Bikɔs dɛn de mek di tin we nɔ de insay di spring ɛn sɔm, we ɔl di tin dɛn we Gɔd mek kin gɛt layf bak. Nature don inured dem to dat way of life. Dray sid, siriɔs ɛn puls na, fɔ tru, tin fɔ it we gɛt layf, bɔt dɛn de na wan stet we nɔ de wok ɛn we de slip. Laki, i izi fɔ mek dɛn wek, aktiv ɛn tɔn to pafɛkt nyutrimɛnt bay we dɛn sok dɛn insay wata ɛn kip dɛn na kol briz fɔ wan ɔ tu dez. So, bay we i de it ɔl di grens dɛn we dɔn gro (aktiv) di mɔtalman gɛt di chans fɔ gɛt pafɛkt it insay ɔl di sizin dɛn na di ia ɛn na ɔl di kɔna dɛn na di wɔl. Dɔn i kin yuz di ɔda tawzin it dɛn we lɛf we fresh ɛn we kin mek i want fɔ it fɔ put difrɛn tin dɛn insay in it ɛn fɔ mek layf fayn mɔ ɛn mɔ.

Laif na di ɔganayzeshɔn fɔ ɛnaji & matirial. We wi want fɔ mek mashin, wi kin briŋ ɔl di pat dɛn we wi nid togɛda akɔdin to di blueprint, ɛn as soon as di las ditel dɔn, di mashin biin fɔ wok. Dat f□s we de put di m□talman f□ktri insay muvmɛnt dɛn k□l am sol, we de j□yn wit □l di □da patikyula dɛm, de komplit di str□kch□ f□ di □ganism ɛn put am insay muvmɛnt.

Di Prɔpati dɛm fɔ patikyula Protɛin, Vitamin ɛn Minral ɛn ɔf Ɔl di Individyual Nutritiv Kɔnstituɛnt dɛn

Nɔ Fɔ Fɔm Wan Besis Igen fɔ Diskushɔn

Insay di las pat wi si se ɔl di vegjetabul bɔdi dɛn we pɔsin kin it kin gɛt di sem ɛlimɛnt dɛm, ɛn se difrɛns pan dɛn kɛmik□l ɛn f□shal pr□pati dɛm de bi f□ difrɛns insay dɛn k□m□sh□n ɛn m□likul str□kch□. □n□f□s, bayolojist dɛm dɛn n□ tek dis tru tin we dɛn n□ de rɛfyush□n ɛn dɛn bin bays dɛn □l sayns pan di difrɛn k□mpleks k□mpawnd dɛm we dɛn d□n f□n insay it dɛm. Bikɔs dɛn dɔn drɔnk wit di tin dɛn we dɛn dɔn fɛn na dɛn lɛbɔretri, dɛn dɔn lɔk dɛn yay pan da fayn fayn lɛbɔretri we de na di wɔl usay wi kin kɛr wan gren sid we smɔ

nɔ kin izi fɔ si wit di yay ɛn dɛn kin prɛzɛnt dɛn, in ritɔn, insay sɔm wiks, wit di it we pafɛkt pas ɔl we de satisfay ɔl di nid dɛn fɔ wi ɔrganizm pan ɔltin. Bɔt dɛn kin trowe da fri-an we de na di wɔl ɔ dɛn kin bɔn ɛn pwɛl am, afta dat dɛn kin pripia, na dɛn misɛf lɛbɔretri dɛn, sɔm tin dɛn we dɔn day we gɛt sɔm tin dɛn we fiba am fa fawe. Dɛn kɔnkɔkshɔn ya naw dɛn de gi rɛspɛkt wit difrɛn nem ɛn nɔmba dɛn, ɛn yuz dɛn fɔ pwɛl, fɔs, dɛn yon ɔgan ɛn dɛn pikin dɛn we nɔ du natin.

So, bikɔs dɛn dɔn fɛn bɔku difrɛn tin dɛn na greps, dɛn se dat greps gɛt dɛn kayn tin dɛn de, lɛk se dɛn nɔ gɛt ɛni ɔda tin. Dɛn kin du di sem tin pan ɔl di natura ɛn nɔ-nɛchral it dɛn, ɛn di it dɛn we dɛn kin ebul fɔ fɛn ɛni wan pan dɛn tin dɛn de, na in dɛn kin rɛkɔmɛnd to wi as sɔs fɔ di nyutriɛnt we dɛn gi dɛn. As a rizulta f□ dis kayn s□t-s□t, dɛn rɛprɛsɛnt di it dɛm we de ambɔg pas □l as ful-balɛns nyutrimɛnt ɛn di vɛs□s.

Jɔs tek wan pensil ɛn mek wan list fɔ di tin dɛn we bayolojist dɛn dɔn fɛn na di it dɛn we pɔsin kin gɛt frɔm kaw: bif, liva, bren, at, milk, ɔni ɛn chiz. Naw lɛ wi si if dɛn kin ebul fɔ no ɔl dɛn tin dɛn de na klova, straw ɔ insay kɔmɔn mawnten ɔyl dɛn we gɛt di sem we. Ofcourse nɔto so. Bɔt stil nɔbɔdi nɔ go dinay di tru tin se di raw matirial dɛn we de go fɔ mek di kaw in bɔdi na dɛn plant dɛn de; dat min se di wan ol kaw kɔmɔt frɔm dɛn gras dɛn de nɔmɔ. If wi tek animal it as komplit gud it fɔ wan animal we de it bif, na bikɔs di wan ol bɔdi we pɔsin kin it wit in skin, bon, blɔd ɛn bɔdi ɛn, wetin pas dat, wit ɔl in layf sɛl dɛn we nɔ pwɛl, gɛt nyutritiv valyu we ikwal to di wan we de na di gras. Bɔt us valyu dɛn dɔn tek milk, bɔta ɔ mit apat? Ɛni wan pan dɛn gɛt wan infinitesimal frakshɔn pan di valyu fɔ di kɔmɔn gras ɛn dat provid i de na di raw stet. As f□ wetin de rɛst pan di nyutritiv k□nstituɛnt dɛm f□ dɛn s□bstans dɛm afta dɛn kuk n□ nid n□ amplifyush□n. So, lɛ wi no di tru tru tin we milk ɔ mit gɛt, we pipul dɛn we gɛt simpul maynd dɔn gi glori fɔ lɔng lɔng tɛm! So, lɛ wi jɔj di rial valyu fɔ ɔl dɛn advatayzmɛnt dɛn we de mek di tin ɛn tin dɛn we dɛn kin put insay tin dɛn we gɛt bɔku bɔku milk we dɛn dɔn dray ɛn we dɔn dɔti, fayn.

Jɔstis de aks fɔ mek frɔm naw, dɛn fɔ briŋ di wan dɛn we de sheb dɛn kayn advatayzmɛnt dɛn de ɛn pɔnish dɛn bad bad wan, bikɔs di wok fɔ mek bɔku bɔku pikin dɛn day, de na dɛn sholda.

A gri se mɔtalman de wɔri sote go fɔ lan nyu tin dɛn, fɔ go insay di sikrit dɛn we de na di wɔl, fɔ mek di ɔrayzin fɔ in no bɔku. I impɔtant mɔ fɔ mek ɛnibɔdi we gɛt faktri no di sikrit dɛn bɔt di raw matirial dɛn we dɛn nid fɔ mek in faktri.

Lɛ risach sayɛnsman dɛn kɔnfyus dɛn invɛstigeshɔn insay di 4 wɔl dɛn na dɛn lɛbɔretri te di de, we dɛn go ebul fɔ gro wan plant frɔm wan sid we dɛn mek ɔl wit sintetik kɔmpɔnɛnt dɛn we dɛn mek na dɛn wokshɔp. Dɔn dɛn sɛns go ikwal to di sɛns we di nature gɛt. Bɔt wi wɔl dɔn ɔlrɛdi ful-ɔp wit dɛn kayn sid ya, we wi kin yuz fɔ gɛt di tin dɛn we wi nid pas ɔl we de satisfay ɔl di impɔtant tin dɛn we wi ɔrganizm nid. Dat it nɔ gɛt ɛni smɔl smɔl tin we nɔ fayn.

No tin nɔ de we nɔ de insay am; no sɔbstans nɔ de we nɔ impɔtant; ɛni kɔnstityushɔn gɛt in kwaliti, in kwantiti ɛn in wok we dɛn disayd bay di kɔlkyulɛshɔn dɛn we kɔrɛkt pas ɔl.

Dɛn kin tɛl wi fɔ it prɔtin, bikɔs prɔtin fayn fɔ di wɛlbɔdi. Bɔt ɔmɔs wi fɔ it? Yu tink se wan nɔmba de we ɔlman gri pan fɔ di tin dɛn we wi nid ɛvride? Brik nid fɔ bil bildin, bɔt fɔ tru, wi nɔ go ebul fɔ gɛda brik dɛn we wi nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin ɔ le am wan pan di ɔda wan we wi nɔ gɛt ɛni mɔta.

Nyu teknishian dɛn dɔn step insay di arena. Dɛn dɔn kɔmɔt na dɛn os di ɛkspiriɛns injinia fɔ bɔku kɔmpleks faktri dɛn ɛn naw dɛn want fɔ mentenɛns ɛn ɔpreshɔn dɛn faktri dɛn de dɛnsɛf.
Ɔlsay, dɛn kin gɛda smɔl smɔl tin dɛn we dɛn kin yuz fɔ mek tin dɛn we dɛn nɔ want.
Ɛni wan pan dɛn kin tek ɛnitin we i ebul fɔ le izi an pan ɛn fid am to di faktri.
Wan de briŋ ston, ɔda wan de kam wit ayɛn; di tɔd wan de kɛr kle, di nɔmba 4 wan de kɛr wata. Ɔl dɛn tin ya dɛn kin jɔyn togɛda wit nɔ fiks plan ɔ dizayn, dɔn dɛn kin go ɛn kam wit stil mɔ ɛn mɔ.
Bɔku ɔrganik ɛn inɔrganik tin dɛn kin kɔntinyu fɔ mek dɛn

aw a luk. Wan kin fid di mashin wit wan anful pan wan patikyula tin, ɛn tɔk se i yusful; wan ɔda wan kin ful-ɔp am wit bɔkit we ful-ɔp wit sɛkɔn tin, ɛn i kin tɔk se i stil yus mɔ. Na so ɔlman kin chok di faktri wit ɛnitin we i imajin se i tan lɛk di tin dɛn we de insay in rayt raw matirial. Dɛn kin du ɛkspiriɛns, ɛkspiriɛns dɛn we nɔ gɛt ɛnd. Na wan say, bɔku pipul dɛn we nɔ gɛt sɛns dɔn bɔn dɛn raw matirial dɛn de; na di ɔda say, ɔlman de rɔsh fɔ pik wetin lɛf we i ebul fɔ pul na di ashis we de smol ɛn fid dɛn insay di noz na di faktri.

Na tru se di faktri kin bigin fɔ wok di rayt we. Di mɔ i nɔ de wok ɔltɛm we di faktri de wok, na di mɔ dɛn spɛshal pipul ya we de bigin fɔ wok kin bɔku. Dɛn kin rɔn dis we ɛn da we de fɔ luk fɔ nyu we ɛn nyu tin dɛn. Insay da hustle ɛn bustle de dɛn kin tramp, pwɛl ɔ bɔn di mɔs impɔtant kemikal tin dɛn we de insay di raw matirial, tin dɛn we sɔm tɛm dɛn kin tu smɔl fɔ mek dɛn notis. We dɛn si se dɛn tray nɔ gɛt natin ɛn di kɔndishɔn na di faktri de go bad smɔl smɔl, dɛn kin go stil fa fawe na di wildanɛs ɛn fɛn kɔmplit nyu tin dɛn we nɔ gɛt ɛnitin fɔ du wit di raw matirial dɛn na di faktri, ɛn tray fɔ rigul di opareshɔn dɛn na dɛn plant wit dɛn ɛp. Fɔ sɔm tɛm, wan pan dɛn nyu tin dɛn de kin stɔp di shriek na di faktri, ɔda wan kin muf in piercing squeak, wan tɔd wan kin slo di opareshɔnal spid fɔ sɔm mɛkanism dɛn, we di nɔmba 4, difrɛn frɔm dat, kin mek dɛn aksɛleret mɔ. Dɛn chenj ya kin tan lɛk gud sayn to dɛn; dɛn kin jomp f□ gladi ɛn klap dɛn an lɛk s□m pikin dɛm, ɛn afta dat dɛn kin go bifo f□ s□k f□ "s□mtin we str□ng ɛn ifektiv" tin dɛm. Sɔntɛnde, sɔm pat dɛn na di faktri kin stɔp fɔ wok ɔltogɛda ɔ dɛn nɔ kin wok fayn so dat dɛn kin put dɛn neba dɛn sef pan denja. Na da tɛm de man dɛn kin sho se dɛn sabi du tin pas ɔl. Dɛn kin yuz sɛns fɔ pul ɛn trowe dɛn "yuzlɛs" pat dɛn de.

I nɔ sɔprayz fɔ no se ɔl dɛn tray dɛn de kin dɔn ɛn wan afta di ɔda wan dɛn kin trowe di faktri dɛn na wok kwik kwik wan. Bɔt di bungling injinia dɛn nɔ de lɔs op.

Dɛn kin kɔntinyu fɔ tray tranga wan, ɛn dɛn nɔ kin gri fɔ mɛmba di rial injinia fɔ dɛn faktri dɛn de, we na dɛn kayn we, we dɛn dɔn dinay.

Di we aw dɛn de kɔmpia mɔtalman bɔdi ɔltɛm to faktri, dɛn nɔ de du am di we aw dɛn de sho am. Fɔ tru, mɔtalman bɔdi na faktri lɛk ɔl ɔda faktri dɛn, wit dis difrɛns we se i kɔmplikt pas ɔdinari faktri ɛn di tin dɛn we de insay de so smɔl dat bɔku pan dɛn nɔ de si ɛn mɔtalman nɔ ebul fɔ ɔndastand.

Jɔs lɛk di injinia dɛn we de ɔp, wi biyolojist dɛn kin du ɛkspiriɛns dɛn pan mɔtalman bay di inschrumɛnt dɛn we rili bad we de na dɛn an, bay di tin dɛn we nɔ fayn pas ɔl we pɔsin kin it, bay difrɛn tin dɛn we dɛn mek wit sintetik ɛn bay ɔl di pɔyzin dɛn we kin kil pɔsin we mɔtalman no. Dɛn kin pablish list dɛn we nɔ gɛt ɛnd wit nem dɛn we nɔ de dɔn fɔ tin dɛn ɛn dɛn kin mek pipul dɛn go na di rɔng rod wit dɛn advays dɛn we de mek pipul dɛn nɔ no di tru. Ɛni wan pan dɛn kin tɔk bɔt wetin i want, ɛni wan kin tɔk wetin kin kam na in maynd, i kin du tin bay wilful, bay di ru
Dɛn kin ful-ɔp bɔku bɔku volyum dɛn ɛn ful-ɔp di wɔl wit dɛn, dɛn kin tɛnda arawnd di redio, dɛn kin print advatayzmɛnt dɛn na nyuspepa dɛn.
Bɔt ɔl wetin dɛn de du na lay, ɔl wetin dɛn de tɔk de agens dɛnsɛf.
Dɛn ripresent di tin we de ambɔg pas ɔl as sɔntin we rili bɛnifit, bɔt dɛn nɔ de alaw fɔ yuz di tin we impɔtant. Insay dis miks we dɛn de miks ɛn kɔnfyus, di wan dɛn we rayt di buk dɛnsɛf de grop insay wan mazi we gɛt dawt ɛn we nɔ de disayd, we dɛn ɔdiɛns tinap kɔnfyus ɛn kɔnfyus.
Insay da tɛm de, i sɔri fɔ no se, di wan dɛn we de nia wi kin kɔmɔt na dis layf insay bɔku bɔku pipul dɛn, we nɔ nid fɔ bi bifo dɛn rayt tɛm.

A de apil to ɔl di man dɛn we gɛt ay pozishɔn ɔlsay na di wɔl fɔ kɔmɔt na do fɔ dɛn lethargic indifference if na fɔ dɛn yon wɛlbɔdi ɛn dɛn fambul ɛn fambul dɛn nɔmɔ. Mek dɛn jɔyn an wit mi so dat wit wi wanwɔd pawa wi go opin mɔtalman yay, chenj di prɛsɛn mistek abit fɔ it ɛn put stɔp to dɛn bad bad kil we dɛn de kil pipul dɛn.

Lɛ ɛni wan pan wi opin in yay ɛn tek tɛm wach di shɔk skandal dɛn we de shem di mɔdan sivilizayshɔn. Tru di rɔng abit we wi sayɛnsman dɛn dɔn tek, pipul dɛn we de mek prɔfit ɛn pipul dɛn we de tɔk bɔt mɔni dɔn step insay di fil. Di it dɛn we de ambɔg pas ɔl ɛn we dɛn dɔn chenj bad bad wan, dɛn kin advatayz am fri wan as tin dɛn we gɛt bɔku vaytamɛn ɛn dɛn kin gɛt

dɛn kin sɛl am opin wan to di pipul dɛn. Dɛn tin ya na biskit, swit, sɔft drink lɛk Kɔka-Kola ɛn lɛmonayd, mit we dɔn rɔtin, milk we dɛn dɔn dray ɛn bɔku bɔku ɔda difrɛn it dɛn, we dɛn dɔn pul ɔl di tin dɛn we dɛn nid fɔ it we impɔtant pas ɔl ɛn we kin mek pipul dɛn sik ɛn kil pipul dɛn mɔ. Di tin dɛm we kin mek pipul dɛn want fɔ no mɔ, dɛn kin gɛda dɛn frɔm ya ɛn de, dɛn kin miks dɛn togɛda, ful-ɔp dɛn insay tin ɛn katon, dɛn kin rayt dɛn wit wan lɔng sting we tan lɛk sayɛns nem dɛn we dɛn kin yuz fɔ mɛn animal dɛn ɛn sɛl dɛn to di pipul dɛn we nɔ biliv se na "dietetic" prɛparashɔn dɛn Dɛn dɔn mek mɛrɛsin we dɛn de yuz tide fɔ sɛl, sote prayvet lɛbɔretri dɛn kin pe 50 pasɛnt kɔmyuniti to dɔktɔ dɛn fɔ di chaj we dɛn kin chaj di sikman dɛn we dɛn kin sɛn to dɛn. Wan go gɛt fɔ ful-ɔp bɔku bɔku volyum dɛn if i want fɔ sho ɔl di kɔrɔpshɔn dɛn we de na di wɔl tide. Naw, a nɔ de fri fɔ du da wok de.

Dis tɛm ya, pipul dɛn we de stɔdi bɔt tin dɛn we gɛt layf kin fɛn wan patikyula vaytamɛn we dɛn de du risach. Afta smɔl tɛm dɛn kam fɔ no se i nɔto simpul kɔmpawnd, bɔt na wan kɔmpleks we dɛn mek wit bɔku bɔku tin dɛn, ɛn dɛn kin pik wan nem fɔ ɛni wan pan dɛn. Smɔl smɔl dɛn kin notis se wan patikyula vaytamɛn nɔ de sho in pawa we ɔda wan dɛn nɔ de, ɔ dɛn kin si se, we dɛn put wan tin insay di ɔrganizm, i kin chenj to ɔda wan ɛn ɔda tin dɛn.

Di ifɛkt dɛn we atifishal vaytamɛn dɛn gɛt pan di mɔtalman ɔrganizm kin klia ɛn dɛn kin agens dɛnsɛf. Man dɛn kin le di brik dɛn na wan os row pan row we nɔ gɛt ɛni mɔta ɛn afta dat, fɔ mek dɛn ebul fɔ kɔrɛkt da mistek de, dɛn kin pripia wan big barɛl we ful-ɔp wit mɔta we nɔ fayn ɛn tɔn am pan di bildin wan tɛm. We da mɔta de stik na di brik dɛn we de na do, i de protɛkt di bildin frɔm briz ɛn ren fɔ sɔm tɛm, bɔt i nɔ de go insay di jɔyn dɛn we de bitwin di brik dɛn ɛn fɔ tru, i nɔ de ɛva rich di layt dɛn we de insay di strɔkchɔ. Sɔntɛnde, dɛn kin yuz bɔku bɔku da lay lay mɔta de; dɔn ɛni bildin we in fawndeshɔn shek smɔl kin jɔs fɔdɔm. Dis na di rayt tin we kin apin sɔm tɛm dɛn we dɛn de injekt di vaytamɛn, we di pɔsin day jɔs afta di injɛkshɔn. Aw wan pɔsibul kin ripresent as nyutriɛnt wan sɔbstans we di minits kwantiti de kil man insay

fayv minit we i go insay mɔtalman bɔdi? Ustɛm man dɛn go kam fɔ no ɛn lɛf dɛn kayn fulish tin dɛn de? Pan ɔl di bɔku bɔku tin dɛn we nɔ kin ebul fɔ du, disapɔyntmɛnt ɛn misfɔstans, man dɛn kin kɔntinyu fɔ du dɛn mistek ɛn bad bad tin, ɛn dɛn nɔ kin gri fɔ tɔn bak wan stɛp.

Nyu buk dɛn kin mek dɛn apia ɔltɛm; fresh list ɛn rɛkɛmɔndeshɔn dɛn kin ad ɔltɛm to di ol wan dɛn ɛn bɔku bɔku pɔyzin dɛn we nɔ gɛt ɛnd kin kɔmɔt na di faktri dɛn ɛn go na man dɛn ɔgan dɛn ɔltɛm. As i bi, dɛn dɔn rayt bɔku bɔku volyum dɛn bɔt nyutrishɔn ɛn tɔpik dɛn we gɛt fɔ du wit am, ɔl dɛn gɛt difrɛn we fɔ si tin ɛn di we aw dɛn de si tin, difrɛn ditil ɛn patikyula tin dɛn, difrɛn list ɛn tebul dɛn.

Lɛ wi tek am fɔ smɔl tɛm se di buk dɛn we dɛn rayt bɔt wan wan vaytam in dɛm ɛn □da tin dɛm we de gi yu nyutrish□n, di rɛkomɛndɛsh□n dɛm f□ nyutrimɛnt dɛm ɛn di list f□ spɛshal it dɛm □l na tru. Dɔn wi kin wɔnda if dis na rili di prɛktikal sistɛm fɔ mek mɔtalman it ɛn if di wan dɛn we want fɔ liv na dis wɔl de ɔnda di sɔri nid fɔ gɛt fɔ lan ɔl dɛn buk dɛn de bay at. So wetin go apin to di bɔku bɔku pipul dɛn we de na mawnten ɛn vali dɛn, na vilej ɛn smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl smɔl. Yu tink se dɛn fɔ day

Nɔ, gud padi dɛn, wek frɔm yu torpor fɔ indipɛndɛns, bikɔs nɔto dat na di we aw mɔtalman fɔ liv. Fɔ tru, layf lɛk dat nɔto layf atɔl; na bad bad drim. Wi fɔ briŋ kam wan kɔmplit ɛn kwik rivashɔn pan wi atitudi to nyutrishɔn prɔblɛm.
Dɛn fɔ stɔp fɔ rayt buk dɛn bɔt wan wan tin dɛn we de mek pɔsin it ɛn it ɛn dɛn fɔ stɔp ɔl di prɛskrishɔn fɔ atifishal vaytamɛn ɛn pɔyzin drɔgs wan tɛm.

Na wan we nɔmɔ de fɔ fri mɔtalman frɔm da bad bad drim de wans fɔ ɔltɛm, ɛn dat na fɔ mek wi chenj di we aw wi de liv wi layf ɛn di we aw wi de it tin dɛn. Dɛn abit ya fɔ chenj di kayn we we go miks ɛn mek di kɔrɛkt sistɛm fɔ it fayn wit mɔtalman layf. Dɔn di chuk bitwin wan wan nyutritiv kɔnstituɛnt dɛn nɔ go sav ɛni yusful pɔpɔshɔn igen ɛn pipul dɛn nɔ go gi ɛni mɔ tink bɔt sɔm patikyula it dɛn. Na dɛn kayn tin dɛn de nɔmɔ we ful-ɔp wit balans

it fɔ kip na os as dɛn gɛt di sem nyutritiv valyu; in ɔda wɔd ɛvri wan pan di it dɛn we mɔtalman de it fɔ bi kɔmplit nyutrimɛnt insɛf.

Di wan dɛn we de rid nɔ fɔ tink se i rili at fɔ lid ɔl mɔtalman along da wɔndaful rod de. I jɔs tan lɛk se na so we yu luk am. Bikɔs misɛf dɔn pas ɔl di stej dɛn we i gɛt, a no se, fa frɔm we i at, na wok we rili izi, we a rɛdi fɔ yuz ɔl mi tɛm ɛn trɛnk fɔ du.

Wi fɔ mek dɛn kayn kɔndishɔn ya we go mek am pɔsibul fɔ mek jɛntriman ɛn po, big ɛn smɔl, lan ɛn simpul, liv wɛlbɔdi layf we nɔ go de ɔnda di kɔnstant ɔbligayshɔn fɔ mek kɔmpalsɔri chuk bitwin di it dɛn we dɛn de it. Dɔn di it we wi go pik go bi bay di we aw wi de teist, di tin dɛn we wi want ɛn wetin wi want go bi wi gayd we nɔ go mek mistek fɔ pik di tin dɛn we wi de it na di wɔl.

Wi kin rili wɔnda, afta ɔl, wetin di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf de luk fɔ ɛn wetin di men tin we dɛn want fɔ du na. Sɔntɛm dɛnsɛf nɔ gɛt klia kɔnsɛpshɔn bɔt di las tin we dɛn want fɔ du, bɔt a go tɛl dɛn. Dɛn de tray fɔ no us kayn tin wi bɔdi nid fɔ mek wi go liv fayn layf. Dɛn want fɔ no aw ɛni vaytamɛn ɛn ɛni minral we de na wi ɔrganizm de wok fayn fayn wan. Dɛn kin kam fɔ no se wan patikyula vaytamɛn kin mek wi gro, ɔda wan kin protɛkt wi frɔm infɛkshɔn, wan tɔd wan kin mek di tit dɛn strɔng, ɛn ɔda tin dɛn. Bɔt instead fɔ put dɛnsɛf ɔnda ɔl da trɔbul de, i nɔ go bɛtɛ if dɛn go na di jɔŋgrɔn dɛn na Afrika jɔs fɔ wan tɛm ɛn aks di ɛlifant dɛn we de de us kayn kalsiɔm pils dɛn de tek fɔ mek dɛn gro strɔng ayvri, ɔ us kayn prɔtin dɛn bin de it fɔ gɛda dɛn big big mas?

Lɛ wi se afta dɛn dɔn wok tranga wan fɔ bɔku bɔku tawzin ia, las las dɛn kin rich di gol we dɛn bin want. afta dat dɛn go ebul f□ no □l di tin dɛm we de insay wan gren wit □ insay s□m □da vɛgɛtebul b□di ɛn f□ □ndastand di ful ditel dɛm f□ dɛn rispektiv wok dɛm na wi □ganism. Bɔt wetin dɛn so rili de luk fɔ, dɔn ɔlrɛdi de na dɛn an ɛn i gɛt bɔku bɔku tin dɛn, bak. Na so dɛn dɔn rich usay c

aim, di sem aim we dɛn nɔ bin ebul fɔ op fɔ rich na dɛn lɛbɔretri afta bɔku bɔku ia. Wetin mɔ dɛn de luk fɔ da tɛm de?

Bɔt di pɔsin we de rid nɔ fɔ tink se di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf na pipul dɛn we nɔ gɛt sɛns atɔl. Dɛn gɛt rizin fɔ du tin lɛk aw dɛn de du ɛn frɔm dɛn yon pɔynt dɛn na rizin dɛn we rili strɔng ɛn we pɔsin kin biliv. Fɔ sayɛnsman dɛn na "siviliz ɛn kɔlchɔ" pipul dɛn; dɛn nɔto fɔstɛm man dɛn we de na dak fɔrɛst, ɔ we de liv na fold ɛn stɛbul. Dɔn aw dɛn go lɛf dɛn wayt bred, dɛn fayn fayn kek ɛn fayn fayn pastries ɛn ful-ɔp dɛn mɔt wit raw wit, jɔs lɛk di fɔstɛm savayj dɛn? Na tru, fɔ tru, we dɛn de tɔn ɔl wit we nɔ dɔti to wayt bred ɔ paste, pas di stach ɛn shuga we dɔn day, ɔl di tɛn tawzin tin dɛn we de insay de we gɛt fayn fayn tin dɛn kin pwɛl, bɔt i tan lɛk se dis nɔ de wɔri dɛn. Dɛn nɔ de ɛva alaw wi fɔ fɔgɛt se stach ɛn shuga we nɔ gɛt layf, sɛf, gɛt dɛn "bɛnifit." dɛn de gi di kalori dɛm we wi nid f□ gi wi b□di wam, we di dimand dɛm f□ wi □gan dɛm, gland dɛm ɛn nɛv dɛm de satisfay wit dɛn kayn wɔndaful "sayntis" ris□s dɛm lɛk atifishal vaytam in dɛm, minral prɛparash□n dɛm, lay lay □mon dɛm ɛn pas □l wan p□yzin dɛm, we pas wan

Fɔ dɔn, wetin go apin da tɛm de to industri, ɔspitul, dɔktɔ, nɔs, famasi, ɔspitul inschrumɛnt ɛn ɔda tin dɛn we tan lɛk dat? Dɛn nɔ dɔn tray tranga wan fɔ gɛt dɛn ɛn dɛn nɔ spɛn bɔku wok fɔ bil dɛn! Aw dɛn go lɛf ɔl dɛn "achievements" de fɔ di sake of dat trivial wit? Dɛn nɔ go ivin tink bɔt dis kayn step, ɛn dɛn nɔ go ebul fɔ rili tek am. I nɔ impɔtant bɛtɛ if bɔku bɔku pipul dɛn, nɔto so, bɔku bɔku pipul dɛn day pan at atak, kansa ɛn ɔda sik dɛn. I nɔ go te igen, mɔtalman fɔ day ɛni we, so yu nɔ tink se i bɛtɛ fɔ lɛ dɛn day smɔl bifo tɛm ɛn fri dɛnsɛf frɔm di pen ɛn sɔfa we dis wɔl de sɔfa? Wetin na di yus fɔ liv te yu ol 200 ia na wɔl we de ful-ɔp lɛk aw i de? Nɔ sɔprayz fɔ no se pipul dɛn de we gɛt dis kayn we fɔ tink. Fɔ tru, dɛn kin tɔk se bɔku pan mɔtalman, we blaynd lɛk aw dɛn blaynd wit adikshɔn fɔ it bɔdi, de tink da we de tide. Bɔt a de tɛl di wan ol wɔl wit ɔl mi at se ƆL MƆTALMAN MƆS

KONSUM PLANTS NA DI RAW STET. DIS NA DI KOMAND OF NATURE.

Bɔt pan ɔl dat, a nɔ dinay se ɔl dis tɛm, di tin we de gayd pipul dɛn we de stɔdi bɔt tin dɛn we gɛt layf na di want fɔ sav mɔtalman. Bɔt we dɛn si se dɛn tray nɔ wok, dɛn fɔ chenj di we aw dɛn de du tin we de mek dɛn denja, ɛn dɛn fɔ stɔp fɔ rayt ɔl di buk dɛn we de tɔk bɔt dɛn tɔpik dɛn de wantɛm wantɛm; if nɔto dat, dɛn go mɔs fit fɔ gɛt di swɛ we di jɛnɛreshɔn dɛn we de kam gɛt. Afta a dɔn briŋ ɔl di tin dɛn ɛn nɔmba dɛn we nɔ gri wit dɛnsɛf we dɛn fɔ si na buk dɛn we de tɔk bɔt it, a dɔn tek tɛm sif ɛn wej di pruf dɛn we de ɛn a dɔn pul di men kɔnklushɔn se so fa as it we i kam pan it frɔm naw, ɔl mɔtalman fɔ tin

We i kam pan dis kɔnklushɔn, nɔbɔdi nɔ fɔ gɛt dawt ɔ pipul dɛn we nɔ gri wit wetin dɛn tɔk.

So, bikɔs di buk dɛn we dɛn dɔn pul te naw we de tɔk bɔt wan wan tin dɛn we de mek pɔsin it fayn ɛn difrɛn patikyula it dɛn dɔn du dɛn wok, dɛn fɔ pul dɛn ɔl kɔmɔt na di say we dɛn de sɛl so dat di pipul dɛn maynd nɔ go miks igen bikɔs ɔf dɛn tiori dɛn we nɔ fayn ɛn we nɔ gri wit dɛnsɛf . in oda wod, dɛn f□ ban □l dɛn buk dɛm we de t□k b□t di wok ɛn "bɛnifit" dɛm f□ protin, k□bhaydret, fɛt, vaytam in ɛn minral dɛm. Na so ɔl dɛn denja buk dɛn we dɛn kin tray fɔ pruv se di valyu fɔ sɔm it dɛn de insay sɔm patikyula tin dɛn we de insay dɛn. Ivin dɛn buk dɛn we di wan dɛn we rayt dɛn de tray fɔ sho se sɔm kayn frut dɛn bɛtɛ pas ɔda wan dɛn, dɛn fɔ tek dɛn as tin dɛn we nɔ impɔtant. At ɔl, fiuja risach kin bi fɔ du jenɛral ɛkspiriɛns fɔ mek dɛn gi di data we nid fɔ no di digri we di divɛlɔpmɛnt de ɛn di bɛnifit dɛn we wan klas fɔ it gɛt we yu kɔmpia am wit ɔda klas dɛn. Fɔ ɛgzampul, dɛn kin du stɔdi fɔ no di big difrɛns bitwin frut, siriɔs, puls, nɛt, grɛn vɛjitebul ɛn rut, if dɛn kayn difrɛns de, rili de.

Frɔm naw, i fɔ bi di men wok fɔ ɔl di prɔgrɛsiv rayta dɛm, sayɛnsman dɛm, dɔktɔ dɛm, jɔnalist dɛm ɛn umanitarian dɛm fɔ sho to di jenɛral pɔblik ɛvri aspek fɔ di big big damej we di degeneration of natural nutriments de briŋ kam ɛn fɔ ɛnkɔrej pipul dɛm fɔ put dɛnsɛf ɔnda di precepts we nɔ gɛt ɛni kɔndishɔn fɔ di tin dɛn we Gɔd mek.

Rial Bɔdi ɛn Lay Bɔdi

Di abit fɔ it it we dɛn kuk na rili tu pipul dɛn we dɛn jɔyn togɛda; i gɛt tu bɔdi. Di fɔs bɔdi, di RIAL MAN, na di tru man insɛf, we dɛn dɔn kɔl fɔ bi bay we dɛn de gi am natura l it ɛn i stil de sɔpɔt am bay natura l it. Di sɛkɔn bɔdi, di FƆL MAN, dɛn dɔn briŋ am kam na di wɔl bay we dɛn de it tin dɛn we nɔto natin, we dɛn kuk, we dɛn mek wit mɔtalman an ɛn i de kɔntinyu fɔ liv pan tin dɛn we nɔto natura l it nɔmɔ.

□l dɛn sɛl dɛm na di m□talman b□di we, bi hɛlth, spɛshal ɛn aktif, de mɛnten layf ɛn kip p□sin pan in fut, dɛn k□nstr□kt, it, □pɛret ɛn riples dɛm □lsay wit nɛch□ral it dɛm. na dɛn sɛl dɛm we de gi trɛnk to di m□sul dɛm, we de rɛgɛl di k□ntriksh□n dɛm na di at, transmit di impuls dɛm na di bren to di b□di ɛn prodyuz sekresh□n. apat fr□m dɛn sɛl dɛm ya we divɛl□p b□ku b□ku wan □da sɛl dɛm de we de bia s□m supɛrfishal rɛmɛblɛns lɛk n□mal sɛl dɛm, b□t dɛn gɛt, infakt, di m□st ɛlimɛntri str□kch□, dɛn n□ gɛt di mashin dɛm ɛn mɛkanism we nid f□ spɛshal f□nsh□n dɛm ɛn jɛnarali dɛn de gɛnɛret ɛn sik. dɛn sɛl dɛm ya de b□n, b□n ɛn de m□ltiply □lsay pan di ɛkspɛns f□ it we n□ n□mal ɛn we dɛn d□n d□n.

In organism of a cooked food adict, rial man de occupy smɔl rum fɔ tru. ivin if na di pɔsin we tan pas ɔl, bɔku pat pan di bɔdi kin gɛt sɛl dɛn we nɔ de wok.

ɛvri gland □ □gan nid s□m n□mba f□ aktif ɛn spɛshal sɛl dɛm, b□t as soon as di kompliment we nid f□ dɛn sɛl dɛm de f□m, di k□nstr□ksh□n f□ □da sɛl dɛm na di □gan we dɛn gi de st□p,

if nɔto dat, i go gro to wan saiz we pasmak. naw, bi□s dɛn k□l aktiv sɛl dɛm f□ bi □nli tru n□ch□ral n□rish□n, we di f□d adiksh□n n□ de gi in b□di di nɛsɛsary kwantiti f□ nɛch□ral f□d, di □gan f□ □fset di rɛsultin dɛfisit ɛn kip in saiz insay rizin limits bay we i de amas a s□m n□mba f□ inaktiv sɛl dɛm we de k□m□t fr□m it we dɛn kuk. Dɛn kayn sɛl dɛn ya we nɔ gɛt yus ɛn we gɛt parasayt kin bɔku na ɔl di ɔgan ɛn sistɛm dɛn we pɔsin we gɛt adikshɔn to it, nɔ de pan di bon dɛn, di nel dɛn ɛn di ia.

Bɔt pan ɔl dat, di ɔrganizm fɔ sɔm pipul dɛn stil ebul fɔ tray tranga wan fɔ it tin dɛn we nɔto natin fɔ sɔm tɛm. Fɔ tru, i kin taya in bɛst fɔ mek di lay lay man nɔ fɔm bay we i nɔ want fɔ it, i nɔ kin gɛt bɛtɛ bɛlɛ, i nɔ kin fil fayn, i kin vɔmit, i nɔ kin slip, i kin gɛt ed we kin at ɛn ɔda tin dɛn we tan lɛk dat. Pipul dɛm wae nɔr de si shɔt tɛm kin tek dɛn kayn prɛkoshɔn simptom dɛm ya as sayn dɛm fɔ sɔm kayn we aw di ɔrganizm kin wik, so instead fɔ stɔp fɔ it tin dɛm wae nɔr natin, dɛn kin ɛnkɔrej fɔ yuz dɛm mɔr fɔ mek dɛn "nourish ɛn strɛng" di sikman. ɛn we □nda di k□ntinyu as□lt dɛm f□ "nutritious" it dɛm di l□ng, dr□n str□g de kam to wan trajik ɛnd wit di defɛt f□ di rial man, di □ganism de f□s f□ aband□n in tenacious rɛsistɛns ɛn "adapt" insɛf to dɛn nɛch□ral it dɛm. Dis na di sayn fɔ se dɛn bɔn di lay lay man, we i nɔ tu te, i bigin fɔ it lɛk wulf ɛn gro we pɔsin nɔ go ebul fɔ stɔp am. Bɔt stil pipul dɛm wae nɔr de si bɛtɛ tin kin si dis

As tɛm de go da resistans de wik, ɛn tide di stej dɔn rich we dɛn bɔn bɔku bɔku pikin dɛn wit tu bɔdi. Dɛn kayn pikin dɛn de kin bigin fɔ gɛt di lay lay man ivin bifo dɛn kam na di wɔl. Yu kin si di lay lay man na ɛvri stɛp na uman dɛn bɔdi ɛn leg, na pikin dɛn fat chɛst, na man dɛn paunch ɛn nɛk we de bɔl, ɛn ɔda say dɛn. Di lay lay man de difɔm di fayn fayn figa dɛn fɔ yɔŋ titi dɛn we dɛn de liv dɛn layf, i de mek big pipul dɛn nɔ ebul fɔ wok. I de go insay di at, kidni, blɔd vesel, gland ɛn tisu dɛm na mɔtalman ɛn paralayz dɛn aktiviti dɛm. Jɛnɛral wan, i kin tek di rial man insay in an ɛn smɔl smɔl i kin swɛt am ɛn strangl am.

We pɔsin we gɛt adikshɔn fɔ it we dɛn kuk satisfay in angri bay we i it sɔm frut, dat min se di tɛm we dɛn gi am di rial man dɔn satisfay ɛn i nɔ want fɔ it igen. Bɔt di lay lay man nɔ gɛt ɛni pat pan di natura l it atɔl, so i de aks fɔ in yon spɛshal it naw. Wetin mek tin rili bad na di tru tin we i de sho di bad tin dɛn we i want tru di rial man in mɔt. Di voracious craving fɔ kuk it na di urge of dat monster ɛn i nɔ gɛt ɛnitin fɔ du wit di demands of di rial man. Dat krayv kin chenj to glutony di moment we di tu brutish passion, adikshɔn ɛn negatif desire, kin jɔyn fɔs.

Na ya di rial man, we nɔ de tink ɔ tink bɔt ɛnitin, de du wan wok we rili bad. I de wok tranga wan de afta de, i de gɛt mɔni wit big pen ɛn trɔbul ɛn afta dat, wit stil big pen ɛn trɔbul, i de tɔn di natura it dɛn we i dɔn bay wit in mɔni we i dɔn wok tranga wan to tin dɛn we de ambɔg am, ɛn put dɛn insay in bɔdi tru in yon in yon mɔt, i de dayjɛst dɛn na in kanal we i de it, i de tek dɛn insay in blɔd ɛn kɛr dɛn go to da monsta de, we na in ɛnimi we pas ɔlman, we i de mɛn ɛn mɛn na in yon bɔdi ɛn we i de kɔntinyu fɔ kɛr in bɔdi we nɔ fayn na in wik mɔsul dɛn.

Na ya, a fɔ aks bayolojist dɛn we de prez prɔtin ɛn pin lay lay op pan di pawa we dɛn se di atifishal vaytamɛn dɛn gɛt, if dɛn nɔ de sɔri fɔ dɛn man ɛn uman dɛn we de shek shek ɛn shek shek as dɛn de waka na strit, we nɔ ebul fɔ drɛg di big big wet we dɛn gɛt di lay lay man pan dɛn wik leg. Usay dɛn pipul dɛn de kɔnshɛns ɛn rizin de? Yu tink se dɛn bɔku bɔku fat ɛn bɔdi we nɔ gɛt yus nɔ de gi dɛn ɛnitin fɔ tink bɔt? afta □l, k□pulɛns na di frut f□ dɛn "ful-balɛns" animal protin dɛm ɛn "digestible" wayt bred. Jɔs tray fɔ pul dɛn fat pipul dɛn de dɛn bred ɛn mit, ɛn fid dɛn fɔ sɔm tɛm bay di mɔs ɛlimɛntri lɔ dɛn na di nature, dɔn notis aw dɛn dɛbul mas dɛn de mɛlt ɛn disappear insay s

We wi tink bɔt aw i izi fɔ pul dɛn tin dɛn de we nɔ impɔtant hip f□ b□di ɛn ifekt komplit rɛk□vɛsh□n bay di m□st simpul ɛn

natural method, wi kin rili wɔnda wetin mek pipul dɛn we gɛt ay akademik difrɛns kin yuz difrɛn difrɛn tin dɛn we denja ɛn we nɔ gɛt sɛns, we nɔ gɛt ɛni prɔspɛkt fɔ gɛt sakrifays.

Di lay lay man nɔto jɔs sɛl dɛn we dɔn pwɛl, bɔt i gɛt bak wata we pasmak, fɛt, k□nkrɛsh□n, s□lt, p□yzin ɛn □da bad tin dɛm, we dɛn d□n go insay ɛn spre insay □l di k□va dɛm ɛn tisu dɛm na di rial man. Ɛvri sik, we nɔ gɛt ɛnitin fɔ du wit am, dɛn kɔl am fɔ de na di lay lay man in sɛl dɛn. Na insay di lay lay man in sɛl dɛn bak, dɛn kin bɔn kansa.

Sik dɛn kin kam bikɔs dɛn nɔ fala di lɔ dɛn we de na Nechɔ

Na tu tin nɔmɔ kin de we kin mek wan faktri pwɛl: we i nɔ gɛt di balans insay in raw matirial ɛn insidɛntal damej dɛn we de kɔmɔt na do. No ɔda kɔz nɔ go ebul fɔ de. Di insidɛntal damej dɛm we di mɔtalman ɔrganizm kin gɛt frɔm ɔda tin dɛm (bɔn, injuri, pɔyzin, ɛn ɔda tin dɛm) kin izi fɔ ɔndastand ɛn nɔr nɔ gri pan di we dɛn we dɛn fɔ yuz fɔ trit dɛn.
Sɔm pan dɛn bad bad tin ya we kin apin na do kin bi di bad tin we ɔl di mɛrɛsin dɛn we dɛn kin yuz fɔ mɛn di sik kin du to di ɔrganizm, atifishal vaytamɛn dɛn, minral dɛn, rɔm, nikotin, ti, kɔfi, ɛn bak di bɔku bɔku pɔyzin dɛn we kin kam insay di bɔdi wit it we dɛn kuk ɛn dɛn kin kip dɛn na ɛni ɔgan.

Di wan ol raw matirial we gɛt wanwɔd ɛn we nɔ gɛt fɔlt fɔ di mɔtalman ɔrganizm na di raw plant dɛm we di nature de disayd. Di smɔl chenj we dɛn mek na dɛn bɔdi dɛn de min fɔ mek di wanwɔd we di raw matirial dɛn na di faktri we dɛn gi, nɔ gɛt wanwɔd; dis, in turn, min fɔ dislocate di rayt opareshɔn fɔ da faktri de; in ɔda wɔd, i min sik. Fɔ fala di lɔ dɛn we de na di wɔl, dɛn fɔ tek dis as aksyom, we nɔ fɔ ɛva gɛt ɛni dawt ɔ difrɛn opinion bɔt.
Dɛn dɔn kɔl di raw matirial dɛn na di mɔtalman faktri NOURISHMENT.

Di nature dɔn mek di raw matirial dɛn we mɔtalman nid wit so prɛsis kɔlkyulɛshɔn dat we wi put wan singl bɛri grep na wi mɔt, da smɔl bɛri de brok ɛn skata ɔlsay na di ɔrganizm fɔ gi ɔl wetin i nid witout ɛni ɛksɛpshɔn. Dat bɛri f□s bil di rudimentary str□kch□ f□ di simpul sɛl dɛm, dɛn i de k□nstr□kt □l di intanɛt mɛkanism f□ di difrɛnt sɛl dɛm, de gi di raw mɛtirial dɛm we nid f□ prodyuz, klin ɛn l□brik □l di k□m□p□nt pat dɛm ɛn ridyus di wan dɛm we dɛn d□n d□n, riples di ol wan dɛm ɛn di sɛl dɛn we taya bay di yɔŋ sɛl dɛn, i de gi fiul to di motoka dɛn ɛn mek dɛn muv, i de gi di bɔdi di wam ɛn ɛnaji we i nid, ɛn i de du ɛni ɔda wok we i nid.

Di pɔsin we de rid kin wɔnda aw i bi se pipul dɛn de we sɔntɛnde nɔ kin it ɛni frut fɔ wik ɔ mɔnt ɛn yet dɛn kin ebul fɔ kɔntinyu fɔ liv. Di ansa na dat, jɔs lɛk aw wi kin tɔk, ivin di pɔsin we dɛn dɔn kɔnfyus mɔs pan kuk it adiktɔ kin tek sɔm raw it naw ɛn naw. Sɔntɛnde di nɔmal sɛl dɛn kin rili angri fɔ wik ɛn mɔnt, bɔt bikɔs di frut dɛn kin kɔndens pasmak ɛn na tin dɛn we kin gi bɔku tin fɔ it, smɔl pan dɛn kin mek pɔsin kɔntinyu fɔ tinap na in fut sɔm kayn we. Bɔt if da angri de tek lɔng tɛm we nɔ rizinɔs (fɔ di pɔsin insɛf nɔ de fil dis angri), difrɛn dizayd, sɔri ɛn sik kɔndishɔn dɛn de apin insay di ɔrganizm, di wan we siriɔs pas ɔl na skɔrvi.

di tɛm we di sk□vi de west di sɛl dɛm s□mtɛm, we de k□z f□ di abs□ns □f supɛri□r nyutritiv k□nstituɛnt dɛm. Leta, di wɔl dɛn na di kapilari dɛn kin bigin fɔ bɔs, ɛn dis kin mek blɔd kɔmɔt na di bɔdi. Naw di gɔm dɛn kin bi livid ɛn spɔnj, di tit dɛn kin fɔdɔm ɛn di wan ol bɔdi fɔ di pɔsin kin kɔba wit ɔlsa. Insay di we aw pipul dɛn we nɔ de si shɔt, dis sik na bikɔs dɛn nɔ gɛt bɛtɛ vaytamɛn C. Ɔl di it dɛn we dɛn kuk, drɔgs ɛn atifishal vaytamɛn dɛn na di wɔl nɔ gɛt di pawa fɔ sev dis kayn pɔsin in layf. If i nɔ tek sɔm fresh frut ɔ vɛjitebul, i nɔ go ebul fɔ avɔyd fɔ day.

Nature dɔn rili indulgent to mɔtalman, bɔt mɔtalman de tek advantej pan da indulgence de. Di Amɛrikin saytɔlɔjis we nem E. V. Cowdry

se: "Di lɔs to di bɔdi ikɔmi fɔ tren savis bay sɛl dɛn we dɔn bi malignant nɔ siriɔs, bikɔs sɔpls de insay ɔl kayn spɛshal sɛl dɛn we dɛn kin kɔl if nid de, we dɛn kɔl fysiologic reserves. Nayn-tɛnth." di adrenal k□tɛks, 1/2 pan di l□ng dɛm, 3/4 pan di liva, 4/5 pan di tayroyd ɛn pankrias ɛn □l di splin dɛm kin k□l wit sef" (CANCER CELLS, Philadelphia and London, 1955, p. 11). Ivin di saytɔlɔjis we bɔku pipul dɛn sabi na di wɔl nɔ de si tin kwik kwik wan so dat i nɔ de si if nayn pat pan tɛn pat pan wan gland lɔs as sɔntin we siriɔs to di ɔrganizm; di l□s de apin to am □nli we di □ganism we dɛn gi am st□p f□ wok □ltogɛda. b□t di st□di we Cowdry du de kam f□ k□nf□m di biliv we di wan dɛm we de it raw gɛt se eni d□n d□n pan di intake f□ raw nourishment de f□l□ di pr□p□sh□nal dɛkrɛsh□n pan di n□mba f□ di aktv sɛl dɛm, ɛn dat mek, di wok kapasiti f□ wan givɛn gland □ □gan. b□ku tɛm di □gan dɛm f□ wan kuk it adiksh□n de mɛnten dɛn egzistens bay di wok we □nli wan tɛn □ wan pat pan fayv pan di n□mal kompliment f□ di sɛl dɛm de wok.

WE DƐN TEK DUE AKƆNT FƆ DI LƆ DƐN FƆ NATURE DI K□Z F□ N□ SIKIN DɛN DE AYD; ɔltin kin klia lɛk de layt. as soon as di n□mba f□ n□mal, aktv sɛl dɛm de d□n tru di d□n pan di kwantiti f□ nɛch□ral it dɛm we dɛn de it, di gland dɛm ɛn □gan dɛm de fɛl insay dɛn oparesh□n ɛn di yield de bi po, insufisɛnt ɛn dɛfɛktiv, bi□s f□ di dɛfisit f□ di raw mɛtirial dɛm. Dis kin mek di gland ɛn ɔgan dɛn we dɛn gi kin sik. bak, bi□s f□s f□s aktif sɛl dɛm de lɛf ɛn di wan dɛm we de rɛst de angri ɛn dɛn taya, di at w□l dɛm de disten ɛn di valv dɛm de pwɛl; dɛn sɛnsitiv pat dɛm na di skin, intestinal, bɛlɛ ɛn □da pat dɛm na di b□di we de prɛsh□n □ltɛm dɛn de pwɛl; di kapilari dɛm de dilayt ɛn afta dat dɛn de b□s, we de mek di b□di ɛn di intestines dɛm de □lsa, di wata we de k□m□t fr□m di m□kus mɛmbran dɛm, pay□ria, ɛmoroyd, ɛkzema, ɛn □da tin dɛm. Di tit dɛn kin rɔtin bikɔs dɛn nɔ gɛt bɛtɛ tin fɔ it; di ia kin tɔn grey ɔ fɔdɔm. di sem tɛm, wit di akumulesh□n f□ di p□yzin s□bstans dɛm we dɛn introd□ks insay di □ganism bay we dɛn de kuk it dɛm di joyn dɛm n□ de wok; di wɔl dɛn na di blɔd vesel dɛn kin kɔba wit tin dɛn we at fɔ put; ston (ɔ kalkyuli) dɛn kin fɔm na di

blad we de na di bɔdi; sklerɔsis, ay blɔd prɛshɔn, sciatica, rɛumatism, gaut ɛn bɔku ɔda sik dɛn kin mek dɛn apia. Fɔ dɔn, naw i kin bi rili izi wok fɔ ɛksplen di tin dɛn we kin mek pɔsin gɛt apoplektik atak ɛn kansa.

Nɔbɔdi nɔ fɔ si insɛf as pɔsin we gɛt wɛlbɔdi. Di fawndeshɔn fɔ in bad bad wɛlbɔdi na in mama we gɛt adikshɔn we de it kuk ivin bifo dɛn bɔn am. In ɔgan dɛn kin pwɛl ɛn ɛvri mɔnt dɛn kin de pan denja ɔ dɛn kin yuz dɛn las pawa we dɛn gɛt. Afta i dɔn rid dɛn layn ya, ɛnibɔdi we valyu in wɛlbɔdi ɛn kia fɔ in layf fɔ disayd tranga wan fɔ lɛf da denja de ɛn fɔ mek di bad bad tin dɛn we dɔn ɔlrɛdi apin to in ɔrganizm fayn fayn wan. Na mɔtalman dɛn we de sɔfa wit fat ɛn ay blɔd prɛshɔn nɔ fɔ shem fɔ smɔl tɛm, bikɔs dɛn layf de hang pan wan trɛd. Dɛn nɔ fɔ alaw di bad bad wɔd "unexpected" fɔ apia na dɛn obituary notis tumara. Dat wɔd na di pruf we rili strɛch fɔ di "siviliz" man in kras ignɔrans.

Di smɔl pikin nɔ fɔ ɛva kray we i nɔ gɛt rizin; i nɔ fɔ ɛva pas nɛt we i nɔ de rɛst ɔ sɔfa wit bɛlɛ sik, stil smɔl frɔm fiva. Ɛn i nɔ fɔ ɛva si se i nɔ gɛt bɛtɛ vaytamɛn ɔ kalsiɔm.
Ɔl dɛn tin ya na di rizɔlt fɔ it we i kuk, milk ɛn di inferiority fɔ in mama in milk we de it we i kuk. A kin deklare bak ɛn bak se na bad bad tin fɔ mek pikin we dɛn jɔs bɔn wit it we dɛn kuk. Te naw, ɔl mama ɛn papa dɛn dɔn du dis bad tin we dɛn nɔ bin want; frɔm naw, dɛn go tek am se na kraym we dɛn dɔn plan fɔ du. Tumara, no mama ɛn papa nɔ go ebul fɔ stɔp dɛn gilti.

Bifo dɛn disayd fɔ du ɔpreshɔn pan am, di pɔsin fɔ yuz am fɔ it ful raw. if di □gan we dɛn d□n pwɛl n□ l□s in kompliment f□ aktv sɛl dɛm k□mplit wan, i kin b□ku f□ gɛt in ful wok kapasiti bak bay we i b□n hɛlty sɛl dɛm ɛn pul di wan dɛm we sik.

So lɔng as ɛni sik sɛl de na mɔtalman, i kin rili want fɔ it it we dɛn kuk. Bɔt wans di bɔdi dɔn klin frɔm in sik sɛl dɛn, di we aw pɔsin de si di it dɛn we dɛn dɔn kuk kin ful-ɔp di rial it

man wit disgust, insted of gladi. Di strɔng filin fɔ "angri", na di dip ɛn grava de sik. Fɔ tɔk smɔl, di want fɔ it tin we dɛn dɔn kuk na fɔ want fɔ gɛt sik, ɛn we pɔsin kɔntinyu fɔ du dat, dat min se sik de kɔntinyu fɔ de. So, fɔ mek wi ebul fɔ kɔntrol di sik ɛn dɔnawe wit am, i nid fɔ mek di lay lay man angri.

Dɛn fɔ put di wan dɛn we gɛt kansa wantɛm wantɛm pan it we nɔ gɛt bɔku raw it, lɛk wan paund apul ɔ greps fɔ wan de. Dis kwantiti naf fɔ mek di rial man kɔntinyu fɔ liv, we di kansa sɛl dɛn, we nɔ ebul fɔ gɛt ɛni pat pan am, go day smɔl smɔl. Di pɔsin we dɛn kɔndɛm fɔ day fɔ sɔm tɛm nɔ gɛt rayt igen fɔ satisfay in palata pan di prayz fɔ mek i dɔn kwik kwik wan.

Lɛ wi si naw us yusful savis kin gi wi bay di 350,000 kayn pɔyzin tin dɛn we dɛn dɔn kɔl drɔgs.
dɛn kin posisibul f□ inkrɛs di n□mba f□ di difrɛns sɛl dɛm, str□ng di wik sɛl dɛm □ gi di disabled sɛl dɛm fresh kapasiti f□ wok? Dɛn kin gi raw matirial to di gland dɛn we angri ɔ tek di ples fɔ di tin dɛn we di faya dɔn pwɛl? Dɛn kin mek di mɔsul dɛn na di at strɔng ɔ klin di blɔd vesel dɛn frɔm dɛn dɔti? Dɛn kin stɔp di dɔti ɛn pɔyzin we dɛn kin put insay wi bɔdi wit it dɛn we wi dɔn kuk fɔ kɔntinyu fɔ flɔ insay wi ɔgan dɛn? Fɔ dɔn, dɛn kin separet ɛn dɔnawe wit di kansa sɛl dɛn wan bay wan ɔ briŋ dɛn bak na di bɔdi? Sɔntɛm dɛn pɔyzin dɛn de rili de fɔm wan impɔtant pat pan wi it ɛn na bay wan ovasayt we nature dɔn fɔgɛt fɔ put dɛn insay natura l it dɛn.

Di tru tin bɔt di tin na dat di ifɛkt we dɛn tin dɛn de gɛt na

we de mek pipul dɛn kɔle, we de ful pɔsin, we de sho se pɔsin de tink, we de agens dɛnsɛf ɛn we de ambɔg pɔsin ɔltɛm.
Di bɔku bɔku buk dɛn we de tɔk bɔt di fayn tin dɛn we drɔgs gɛt na lay lay stori bɔt wi yon tɛm. Wan big big wɔl we gɛt lay lay biliv dɛn de ol ɔl di pipul dɛn na dis wɔl ɔnda in absolyut sway ɛn baneful mɛrɛsin dɛn tek pan dɛnsɛf di rol fɔ talisman.

Wi fɔ kɔmɔt na di ayt dɛn we pipul dɛn kin tink bɔt ɛn tek rial abit bɔt dɛn prɔblɛm dɛn ya. wan infinitesimally s□m s□m sɛl insɛf, gɛt m□r komplɛks str□kch□ pas □l di m□talman f□ktri dɛm. Dis na

i klia frɔm di rili simpul trut se wit ɔl dɛn kɔnsat ɛfɔt di masta sabi pipul dɛn na di wɔl nɔ ɛva ebul fɔ briŋ wan sɛl we gɛt layf. Ɛn pan ɔl dat, ɔl di ɔgan dɛn gɛt bɔku bɔku pan dɛn kayn sɛl dɛn de. Bɔt pan ɔl dat, ɔdinari dɔktɔ kin imajin insɛf as spɛshal pɔsin fɔ dɛn bɔku bɔku wɔl dɛn de. We da dɔktɔ de rayt di nem fɔ sɔm pɔyzin "mɛdisin" pan wan pepa, i naively tink se i kin mek di disɔganayz wok dɛn we bɔku bɔku faktri dɛn de du bak bay we i gi wan pɔyzin. We a bin de ol mi smɔl pikin dɛn an, fɔ lɔng lɔng tɛm, a bin de waka waka frɔm wan kɔntri to ɔda kɔntri wit di op fɔ fɛn da fayn fayn ɛliksi we de gi layf! Na wit di sem fansiful op se ɔl pesin, ilɛk wetin in kɔndishɔn, de nak na in dɔktɔ in domɔt tide ɔ tek in ples na di ɔspitul kiyu.

We di wangren mɛrɛsin fɔ ɛni sik de ɔlsay na di pɔsin in an. DI TIN DƐN WE DE KƆZ ƆL DI SIK DƐN NA FƆ FƆND NA DI KITCHEN FAYA. WITH DI DISPPEARANCE OF DAT FAYA DE GO DISAPIAR ƆL DI SƆFƐR DƐN WE DI MƆTALMAN DE SƆFA. Fɔ it raw kɔmplit wan nɔto jɔs fɔ mek yu nɔ gɛt ɛni kayn sik, bɔt i de mɛn ɔl di sik dɛn we dɛn dɔn ɔlrɛdi gɛt, frɔm di wan dɛn we nɔ at to di wan dɛn we siriɔs ɛn we kɔmplikt, if di ɔgan we di sik dɔn afɛkt stil gɛt sɔm sayn dɛn fɔ se i gɛt layf.

Insay dis smɔl buk, a nɔ ebul fɔ tɔk bɔt dis tɔpik fɔ lɔng tɛm. I go du fɔ jɔs wan ɛgzampul. Di sik dɛn we de ambɔg di at ɛn di blɔd na di bad tin we de apin to mɔtalman tide. Insay sɔm kɔntri dɛn di rit we pipul dɛn kin day fɔ difrɛn sik dɛn na di at kin pas af pan di ɔl pipul dɛn we kin day, ɛn di nɔmba kin kɔntinyu fɔ bɔku. Ɔl di mɛrɛsin dɛn we de naw fɔ fɛt dɛn sik dɛn de, na jɔs tin dɛn we dɛn kin yuz fɔ mek pipul dɛn no bɔt dɛn. We dɛn de pɔyzin di bɔdi, mek di bɔdi vɛks ɔ difrɛn frɔm dat, dɛn de mek di nerv dɛn day ɛn mek di at wok, dɛn de mek di ɔrganizm nɔ gɛt trɛnk we lɛf. Witnɛs di tru tin se na dɔktɔ dɛn kin gɛt at-strok. Yet pan ɔl di sik dɛm, di sik wae de kam pan pɔrsin wae gɛt dis sik na di wan dɛm wae kin izi fɔ trit. Raw-Veganism go put ɛnd to ɔl dɛn sɛnslɛs massacres.

If di pɔsin we go day wit at-strok insay sɔm wik ɔ mɔnt fɔ go fɔ rɔnawe pan di lɔ dɛn we de na di wɔl ɛn chenj to raw-it tide, i go fil se in kɔndishɔn go bɛtɛ kwik kwik wan lɛk wan nɛt. Frɔm di fɔs de in blɔd vesel dɛn go bigin fɔ lɔs dɛn dɔti kwik kwik wan, ɛn di wɔl dɛn na in veins, ɛn di wan dɛn na in at ɛn in valv dɛn, go gɛt nyu layf wit fresh kɔmplimɛnt we gɛt aktif sɛl dɛn, smɔl smɔl f□ gɛt dɛn pr□p elastik ɛn f□ f□m bak. Dis dɔn mek instead fɔ day insay sɔm wiks, di nyu pɔsin we dɛn go tek fɔ it raw-it go ebul fɔ luk bifo wit kɔnfidɛns fɔ gɛt wɛlbɔdi layf fɔ ɔda 50 ia ɔ mɔ. We di kwɛstyɔn na fɔ riples wan sik layf fɔ sɔm wiks wit wɛlbɔdi layf fɔ af sɛnti ia, wi nɔ fɔ alaw fɔ shem fɔ krip insay wi at. I nɔ mek sɛns fɔ si pɔsin we day wantɛm wantɛm ɛn we wi nɔ de tink se i go day. We a si di smɔl smɔl mit ɛn bred dɛn de go insay pɔsin we nɔ de tink bɔt am in mɔt, a kin pikchɔ di pwɛl pwɛl we i nɔ go te igen go de apin na di wɔl dɛn na in at ɛn in blɔd vesel dɛn, ɛn ɛvri mɔnt a kin op se i go gɛt at-strok.

Jɛnɛral wan, 4 men tin dɛn de we kin mek pɔsin gɛt sik: 1. difisɛns in di n□mba f□ difrɛns sɛl dɛm. 2. Insufishin f□ di raw mɛtirial dɛm we nid f□ di f□nsh□n dɛm f□ di gland dɛm. 3. di prɛsɛns f□ f□rin b□di dɛm ɛn parasayt sɛl dɛm na di □ganism. 4. di wik we di sɛl dɛm de rɛsist to baktriyal infɛksh□n. Raw-eating de grap wit ɔl dɛn 4 kɔz ya frɔm di biginin ɛn de gi di rial sɔlv fɔ di prɔblɛm fɔ sik.

Bɔt insay di fɔs tɛm we dɛn kin it raw, di wan dɛn we gɛt adikshɔn to it we dɛn kuk kin gɛt difrɛn tin dɛn we kin mek dɛn nɔ fil fayn, we kin mek pipul dɛn we nɔ de tink bɔt di lay lay tin dɛn we dɛn kin it kin mek dɛn bɔdi taya ɛn mek dɛn nɔ gɛt wɛlbɔdi. Dis mistek we pipul dɛn de tink na di pruf we rili wɔndaful fɔ sho se di man we de tide nɔ de si tin fɔ shɔt tɛm. Di jɔs aidia se NATURAL nutrition kin fala UNNATURAL ɛn harmful rizulyt na wan most absurd notion, we wi fɔ ban frɔm wi tinkin wans fɔ ɔltɛm.

I fɔ bɔn na maynd se frɔm 40-50 kilo ɔ mɔ pan di man we we wan ɔndrɛd kilo na di lay lay man in yon, we go bigin fɔ mɛlt wantɛm wantɛm ɛn, wit in sik sɛl dɛn, fat, kɔnkreshɔn ɛn pɔyzin, go rɔsh go insay di blɔd, so dat i go kɔmɔt na di bɔdi tru di difrɛn tin dɛn we de kɔmɔt na di bɔdi — di stɔl, di urine ɛn di swet. We di man we nɔ de si shɔt tɛm si fɔrina tin dɛn we de na di urine ɛn blɔd, i go tink se dɛn kɔmɔt frɔm di tin dɛn we dɛn kin it, bɔt fɔ tru, dɛn kɔmɔt frɔm di lay lay man in bɔdi we nɔ fayn, we de west smɔl smɔl ɛn lɛf di ɔrganizm sote go . Na dat mek di chenj to raw-eating nɔ fɔ kɔntrol bay di ɔspitul krayteria fɔ mɛdikal sayɛns; bifo dat, wi fɔ put wisɛf ɔnda di lɔ dɛn we Gɔd mek wit kɔnfidɛns ɛn luk fɔ di las tin dɛn we go apin wit peshɛnt ɛn fɔ bia.

Insay da tɛm de, i kin rili sho se yu gɛt sayn dɛn we de sho se yu bɔdi wam, . intestinal pen, ed we de at, giddiness, jenɛral dɛbiliti, ɛn ɔda tin dɛn. Sɔntɛnde di urine kin tɔn, di fut kin swel, rash kin apia na di bɔdi ɛn i kin dray ɛn it na sɔm pat dɛn na di skin. □l dis na pr□sɛs dɛm f□ klin ɛn hɛl, so p□sin n□ f□ □n□t s□k□m to di filin f□ "angri" ɛn, ɛnjɔy dawt b□t di waes we di Kriɛta de gi, i f□ rɛk□r to "nutritious" dina dɛm,-"ful-balans" protin dɛm ɛn "irreplaceable" amino asid dɛm f□ ɛp. If pɔsin ful fɔ du dat, dɛn sayn ya go dɔn wantɛm wantɛm, bɔt i go ambɔg in wɛlbɔdi. Dɔn di lay lay man go swɛt ɛn, we i de laf di rial man in fulish we, i go bigin fɔ gro wan tɛm bak wit nyu layf.

Dɛn kayn sik ya kin difrɛn pan aw dɛn kin apin ɛn aw dɛn kin tranga frɔm wan pɔsin to ɔda pɔsin, ɛn dɛn kin ivin nɔ de atɔl pan sɔm kes dɛm. As a rule, dɛn kin apt f□ bi siri□s pan ol pipul dɛm ɛn b□ku b□ku b□ku wan, dɛn kin s□mtɛm pan y□ng pipul dɛm ɛn dɛn n□ de k□mplit f□ nyu b□n pikin dɛm, we go bigin f□ gro di n□mal we. Jɛnɛral wan, insay pɔsin we fat pasmak in bɔdi di lay lay man dɔn so swɛt ɛn mek di rial man smɔl ɔnda di prɛshɔn we in ebi ebi wet de gi am dat na smɔl tin nɔmɔ lɛf pan am pas "skin ɛn bon." Na di fɔs tɛm we dɛn kin it raw

di wet we da kayn pɔsin de gɛt go ridyus sote di wan dɛn we nɔ ɔndastand di tru tin we di chenj tan go bigin fɔ sɔri fɔ am. Bɔt dis na jɔs wan pikchɔ we de sho wetin rili de apin. Insay di bɔdi fɔ di pɔsin we de it raw di rial man dɔn, infakt, bigin fɔ gɛt wet rayt frɔm di fɔs de ɛn, afta i dɔn pul di lay lay man, i go kɔntinyu fɔ gro ɔltɛm te i rich in nɔmal wet . Insay pɔsin we rili tan di wet we di rial man go bɔku go mek di lay lay man lɔs, so dat i go gɛt net wet frɔm di biginin.

dis growth f di rial man kin spɛshal wan pan pikin dɛm we tan, pallid ɛn wik. Wi nɔ fɔ tink se pikin dɛn we de it raw go gɛt chubby-face ɛn podgy- leg lɛk dɛn plemet dɛn we de kuk it, bikɔs fɔ plɔmp na di sayn fɔ di lay lay man. Pikin dɛn we de it raw go rili slim, gɛt sayn ɛn gɛt mɔsul. Na bikɔs dɛn nɔ no natin, mama ɛn papa dɛn we gɛt simpul maynd kin gladi fɔ di bɔku bɔku tin dɛn we dɛn pikin

We a bin fɔs chenj to raw-eating, wan big prɔses fɔ klin mi ɔrganizm bin bigin insay mi ɔrganizm. A nɔ bin si ɛni sayn fɔ se a dɔn wik, bɔt a bin de sɔfa wit pen na mi insay, di say dɛn we de bitwin mi finga dɛn ɛn mi fut finga dɛn bigin fɔ dray, dɔn a bin de skel ɛn it, rash bin brok na mi bɔdi, ɛn na sɔm pat dɛn na mi fut di skin dray ɛn pul am insay flɛks. Mi fut dɛn we te da tɛm de bin de swel smɔl, wantɛm wantɛm bin swel pasmak, ɛn dis swel bin tek sɔm mɔnt fɔ lɛ i stɔp. Dɔn afta sɔm tɛm, mi urine bin tɔn kwik kwik wan. Insay da wan ol tɛm de a bin de ɛksesaiz misɛf bay we a bin de waka fɔ lɔng tɛm pas aw a bin dɔn ɛva waka na mi layf bifo. I bin rili klia to mi se, ɔnda di kɔntinyu prɛshɔn we natura l nyutrishɔn ɛn fyzikal ɛksesaiz bin de gi mi, di kɔnkreshɔn dɛn we bin dɔn gɛda na mi blɔd vesel ɛn jɔyn dɛn we a dɔn kuk-it fɔ 50 ia, bin bigin fɔ mɛlt ɛn nɔ de igen. Fɔ mek a go mɔs shɔ se a biliv tranga wan, wantɛm wantɛm a stɔp fɔ it raw-it ɔltogɛda ɛn fɔ tri dez a bin de it mit it dɛn nɔmɔ. Di fɔs de sɛf di turbiditi na mi urine bin stɔp, di sɛkɔn de na smɔl smɔl trays nɔmɔ bin lɛf, we di tɔd de i bin dɔnawe wit am kpatakpata.
We a bigin fɔ it raw-it bak, mi urine bin tɔn tobid wan tɛm bak, bɔt

nɔto di kayn we aw i bin de trade, ɛn smɔl smɔl i bin klia insay sɔm wiks. I tan lɛk se di tri dez we a dɔn kuk-it dɔn mek di rit we a de klin mi ɔrganizm kwik kwik wan. Na so i bi, a bin fɛn ɔda tin di sem tɛm. Di wata we dɛn tek wit it dɛn we gɛt sɔl bin mek mi bɔdi wet tri kilo insay lɛk wan de.
Laki se a bin kam bak to di wet we a bin gɛt trade di de we mek 4 afta a bigin fɔ it raw-it bak.

Sɔntɛm i fayn fɔ mek di nyu rikrut fɔ raw-it fɔ gɛt wan hearty ripast afta sɔm mɔnt we yu nɔ de it tin dɛn we yu kuk. We i kɔmpia di tu sistɛm dɛn fɔ it, i kin biliv mɔ se di rod we i dɔn pik na di rayt rod fɔ tru, ɛn afta dat i nɔ kin drim fɔ ripit di ɛkspiriɛns.

Di strɔng swel we bin de na mi fut bin pas smɔl smɔl insay sɔm mɔnt. Na da sem tɛm de, a bin de sɔfa bak wit sɔm swɛlin dɛn we nɔ bin de swel fɔ lɔng tɛm; dɛn tin ya sɛf bin stɔp insay di nɛks sɔm ia ɛn leta dɛn bin dɔn lɔs ɔltogɛda. Di sem simptom dɛn kin apin, mɔ ɔ smɔl, pan bɔku bɔku pipul dɛn we de it raw, we kin rayt to mi bɔt dɛn frɔm ɔlsay na di wɔl.

Di tin we bin stil impɔtant pas ɔl na di we aw mi pail dɛn bin dɔn lɔs. Ɛmoroyd we nɔ bin de dɔn nɔ bin dɔn mek a nɔ rɛst ɔ rɛst fɔ lɛk 15 ɔ 20 ia so. Ɛvride, sɔntɛnde tu tɛm insay di de, a bin gɛt fɔ chenj mi ɔnda klos. Di inflamɛns nɔ bin ɛva stɔp; di pus, m□kus ɛn bl□d bin de k□ntinyu f□ k□m□t. Ivin afta we a bin dɔn chenj to raw-it, pan ɔl we dɛn bin de introduks di wok we mi dijestiv ɔgan dɛn de wok ɔltɛm, di kɔndishɔn fɔ mi pail dɛn nɔ bin chenj lɛk aw i bin de. Afta ɛvri fyzikal ɛfɔt, ɔ ivin afta wan simpul waka, di iritashɔn bin so bad dat sɔntɛnde a bin de tink se, bikɔs ɔf di mɔfɔlɔjik chenj dɛn we bin dɔn apin, sɔntɛm di pail dɛn nɔ bin want fɔ giv-ɔp to raw-it ɛn dat in di ɛnd a fɔ bi oblige fɔ sɔbmit to wan ɔpreshɔn ɔpreshɔn afta ɔl. Bɔt pan di sem tɛm, a nɔ ɛva lɔs op fɔ di pawa we di tin dɛn we Gɔd mek gɛt. Ɛn fɔ tru, afta sɔm mɔnt, di sik bigin fɔ sho se i dɔn rili impɔtant. Di tin dɛn we kin mek pɔsin vɛks ɛvride kin chenj to tu tɛm insay di wik, dɔn to wan tɛm insay di wik, wan tɛm insay di mɔnt

ɛn leta stil to wan tɛm ɛvri tu ɔ tri mɔnt, te di tritmɛnt dɔn so saksesful dat tide, a nɔ fil atɔl se a dɔn ivin sɔfa wit ɛmoroyd. Di mɛrɛsin bin kwik mɔ we a bigin fɔ tek salad we gɛt wit we dɔn gro ɛvride. Naw dɛn tin ya de briŋ wi fes to fes wit wan trut we rili impɔtant.

na tru tin we pipul dɛn no se di pail dɛm de k□z bay di wik we di elastik na di rɛktal w□l dɛm de wik ɛn di vein dɛm we de na di l□w ɛnd pan di b□di de distensh□n. di hiling f□ di pail dɛm bay we dɛn de it raw- it na pruf se, tru di riplesmɛnt f□ di dɛgɛnɛret sɛl dɛm na di □ganism wit aktv sɛl dɛm, as tɛm de go di w□l dɛm na di intestines ɛn di b□di vɛsul dɛm de ridyus s□mtɛm, we de gɛt di nɛsɛsary elasticity ɛn f□m . wetin im□tant m□r stil na di f□t se dis pr□sɛs de apin wan tɛm na di intestinal, bɛlɛ, vein, kapilari ɛn nɛv dɛm, ɛn insay ɛvri □gan ɛn gland witout ɛksepsh□n. in oda wod, di diz□rd ɛn sik □ganism f□ di kuk-itɛr de k□mplit rɛst□r wit nyu kompliment f□ y□ŋ, spɛshal ɛn hɛlty sɛl dɛm. Di inkris pan sɛkshɔnal pawa bay raw-it go kam as sɔprayz to ɔlman, pan ɔl we insay mami ɛn dadi biznɛs strikt mɔdareshɔn fɔ bi wi strɔng prinsipul. Insay spɔt, pipul dɛn we de it raw go mek nyu ɛn rɛkɔd dɛn we nɔbɔdi nɔ si yet. Dis na di say we dɛn fɔ fɛn di drim we di alkɛmist dɛn bin dɔn drim fɔ lɔng tɛm, we na di ɛliks fɔ layf. dɛn n□ de k□njure ifekt dɛm we dɛn gɛt insay f□ awa bay we dɛn de yuz drog, b□t na f□ndamɛnt□l pr□sɛs dɛm f□ k□l sik dɛm tru di rɛk□nstr□ksh□n f□ di □l □ganism.

if di sɛl dɛm na wan □gan □ wan gland n□ de spɛnd □lsay, n□mal it de mek dɛn ebul f□ gɛt dɛn im□tant kompliment f□ sɛl dɛm bak bay we dɛn de b□n nyu sɛl dɛm, ɛn di sem tɛm f□ pul di prɛsɛns f□ di sɛl dɛm we sik ɛn we n□ yus. Bɔt nɔ we nɔ de atɔl fɔ mek wan ɔgan we dɔn west, lɛk tut we dɔn rɔtin, go bak to di we aw i bin de trade.

Na dat mek, pan tin dɛn we gɛt fɔ du wit wɛlbɔdi biznɛs, fɔ tek tɛm du tin kin denja.

Di pɔsin we de it kuk de liv pan di wok we wan pat pan fayv to wan pat pan tɛn pan in ɔgan ɛn gland dɛn de du ɛn yet, as lɔng as i ebul fɔ tinap pan in fut, i de si insɛf as pɔsin we gɛt wɛlbɔdi. Di tin we bad pas ɔl na di denja we pɔsin kin gɛt we i nɔ gɛt ɛnitin fɔ du wit

ivin dat wan-tenth de hang oba am oltem lek di sword of Damocles, espeshali we i don geht sohm "gud" dina.

di invɛstigesh□n dɛm we sayt□l□g dɛm du sho se apat fr□m di indolent sɛl dɛm de f□n insay di m□talman b□di difrɛn m□ltinyukliet jayant sɛl dɛm (polykaryocytes), uninucleated ova-sayz sɛl dɛm (megakaryocytes), ɛn □da kayn dɛjɛnɛret sɛl dɛm. dis kayn sɛl dɛm de "n□mal" insay □l di □gan dɛm ɛn gland dɛm, ɛn ivin insay di b□di f□ di wan dɛm we de it we dɛn kuk. Di risach sayɛnsman dɛm we si dɛn tin ya ɛn bɔku ɔda aberreshɔn dɛm na di ɔgan dɛm fɔ ɔl di wan dɛm we gɛt adikshɔn to it, gɛt fɔ tek dɛn as "nɔmal" ɔ "nɛchral" tin dɛm we kin apin.

di n□mal it dɛm n□ de de na di digɛstiv □gan dɛm f□ pas f□ awa ɛn, if dɛn digɛst □ n□ digɛst, i de k□m□t na di b□di bay di n□mal chanɛl, we di it dɛm we dɛn kuk, spɛshal wan dɛm we k□m□t fr□m animal s□s, de ling insay di alimentary kanal f□ tri ɔ 4 dez, sɔntɛnde fɔ sɔm wiks. Naw, na tru tin we ɔlman no se jɔs afta pɔsin day, di animal sɛl dɛn kin bigin fɔ rɔtin, ɛn dɛn kin pul bɔku bɔku pɔyzin tin dɛn we dɛn de du dat. So no animal it we nɔ gɛt pɔyzin nɔ de na di tebul fɔ di pɔsin we de it we kuk. So i nɔ sɔprayz fɔ no se afta i dɔn de na mɔtalman bɛlɛ fɔ tri pan 4 dez we di tɛmpracha na 38°C. di tin dɛn we animal dɛn kin it kin chenj ɔl to pɔyzin. s□mtɛm dis pr□sɛs kin go bifo so dat na afta dɛn d□n pwɛl di w□l dɛm na di intestinal dɛm ɛn dɛn miks wit b□ku b□ku pus, m□kus ɛn b□di, na in dɛn kin ebul f□ k□m□t na di □ganism. Di sɛkɔn de, di pɔsin we sik kin kɔmplen se i gɛt smɔl prɔblɛm na in bɛlɛ. Di dɔktɔ dɛn se dɛn fɔ yuz tebul sɔl fɔ mek dɛn nɔ gɛt dɛn kayn pɔt dɛn ya, lɛk se dɛn want fɔ chenj mɔtalman bɛlɛ to barɛl we gɛt sɔl. Pipul dɛn we nɔ biliv se na tru, biliv se ɛnitin we di bɛlɛ gri wantɛm wantɛm nɔ go ebul fɔ du bad; we di rays we dɛn dɔn polish, wayt bred ɔ shuga, we de ambɔg pas ɔl di it dɛn, nɔ de mek di bɛlɛ riak wantɛm wantɛm. Sɔm kin ivin wɔnda us kɔnekshɔn nyutrishɔn kin gɛt wit di yay, di skin ɔ di nerv dɛm, lɛk se ɛni pat na di bɔdi kin kɔntinyu fɔ du in wok if i nɔ gɛt raw matirial. Naw, us sɔbstans pɔsin go ebul fɔ fɛn insay

wayt bred, shuga ɔ klarify bɔta we kin gi layt to di yay ɔ ɔganayz di fayn fayn ɔpreshɔn dɛn we di nɛv dɛn kin du? Pipul dɛm de advans □l kayn hypothetical k□njɛksh□n f□ ɛksplen di k□z dɛm f□ di nɛv sik dɛm, b□t dɛn n□ de pe di lɛst atɛnsh□n to di m□st implɛnt f□s — di pr□pati dɛm f□ di raw mɛtirial dɛm we dɛn de gi di nɛv dɛm.

Di Risistɛns fɔ Mɔtalman to Infɛkshɔn Sik dɛn De Wik Frɔm Jɛnɛreshɔn to Jɛnɛreshɔn

Di klem dɛm se di denja fɔ sik dɛm we pɔsin kin gɛt kin de pan di... diklin na lay lay tin dɛn. Bikɔs mɔtalman sɛl dɛn de it we dɛn kuk, smɔl smɔl dɛn dɔn lɔs di pawa we dɛn gɛt fɔ fɛt di maykroba dɛn ɛn wetin wɔs pas ɔl na dat, dɛn kin kɔntinyu fɔ lɔs da pawa de frɔm wan jɛnɛreshɔn to di ɔda wan.

Insay dis kɔnekshɔn, a fɔ lɛk fɔ kot sɔm pat dɛn frɔm "Pathological Anatomy and the Pathogenesis of Human Diseases" we di bigman pan Sɔviɛt sayɛnsman we nem IV Davydovsky rayt, we dɛn bin pul insay 1956. Akɔdin to am: "Bɔku infɛkshɔn dɛn de patikyula to homo-sapien (anthroponoses) we nɔ de, infakt, apin pan animal dɛn, inklud di apis dɛn we dɔn divɛlɔp pas ɔl. Sayɛnsman dɛn ɔ nɔ kin ebul fɔ indyuz ɛkspirimɛnt ɛgzampul dɛn fɔ dɛn infɛkshɔn dɛn de insay dɛn." ɔ ɔdasay dɛn kin ebul fɔ gɛt tin dɛn we rili rimot we fiba sɔm pan dɛn nɔmɔ (tayfɔyd, kɔlera, malaria, mɛningɔkɔk mɛningɔyt, influenza, mizɛl, janda, difteria, skarlet fiva, nyumonia, rɔmatik, sɛpsis, gɔnoria, furunkulosis, apɛndisaytis, ɛn ɔda tin dɛn pantap).

"Di zoonoses ɛn ornithonoses (animal ɛn pɔltri sik dɛn) we." kin apin pan man dɛm, lɛk hydrophobia, encephalitis, brucellosis (Malta fiva), psittacosis, smallpox, plague, tularemia, anthrax, trichinosis ɛn ɔda wan dɛm, gɛt, as lɔ, dɛn spɛshal simptom dɛm we na fɔ mɔtalman, we na animal sɔmtɛm dɛn sho □nli rili rimot riprodaksh□n dɛm f□ dɛn simptom dɛm de."

So i tan lɛk se nɔto ɔl animal dɛn nɔmɔ, ivin mɔtalman in gret gret granpa dɛn, di apis dɛn, nɔ kin gɛt patikyula mɔtalman infɛkshɔn, bɔt dɛn nɔ kin ivin du wetin sayɛnsman dɛn we de du risach kin tray fɔ gɛt dɛn sik dɛn de bay wilful fɔ mek dɛn go ebul fɔ du ɛkspiriɛns. Difrɛn frɔm dat, .

baktri dɛm de we patikyula f□ animal ɛn b□d dɛm, b□t dɛn n□ de afekt dɛm n□mal wan, pan □l we dɛn de na dɛn □gan dɛm □ltɛm. Bɔt we dɛn pas am to mɔtalman, dɛn baktri dɛn de kin ambɔg am di kayn we we rili bad ɛn we kin mek i sɔfa pas ɔl. Wi fɔ ad pan dis di tru tin se animal dɛn nɔ gɛt ɔl di sik dɛn we nɔ de mɛn.

Wetin na di rizin fɔ dis wɔndaful difrɛns? Wetin mek man difrɛn frɔm animal ya if nɔto in abit fɔ it insɛf akɔdin to di lɔ dɛn we de na "sivilizayshɔn" ɛn afta dat i sidɔm na in tebul fri wan wit in leg dɛn we i krɔs? Jɔs pikchɔ to unasɛf aw i go tan lɛk if wan pan dɛn fayn fayn de ya di kaw tek am insay in ed fɔ bi "siviliz" lɛk man, fɔ it in fɔdɔm afta i dɔn bɔyl am na kɔl ɛn, we i sik, fɔ mek lɛk se di dɛn nɔ bin no di rizin dɛn. Dɔn if sɔmbɔdi tɛl am se i fɔ tray fɔ it insɛf pan raw gras, i fɔ sho se i de fred se we dɛn yus in bɔdi fɔ kuk it, raw gras go ambɔg am. Pikchɔ to unasɛf bak, aw di kaw go tan lɛk tide if i bin dɔn it gras we dɛn dɔn kuk fɔ tawzin ia, ɛn i nɔ bin tink fɔ smɔl tɛm se wetin i de du na tin we nɔto in yon. Bɔt stil, dis na di pozishɔn we di wan dɛn we lɛk fɔ wɔship mit tide dɔn put dɛnsɛf insay.

De fɛt agens sik dɛm wae de pas kin kɔmɔt frɔm wan kɔmplit mistek we pɔsin de si tin. Di d□n pan di dɛd rɛt fr□m infɛksh□n sik dɛm n□to bay we dɛn de str□ng di b□di f□ rɛsistɛns, b□t bay we dɛn de mitigate di k□ndish□n dɛm we de k□m□t na do we de spre infɛksh□n. As tɛm de go, di pawa we mɔtalman gɛt fɔ tinap tranga wan dɔn wik so dat if wi pul di tin dɛn we di mɔdan os dɛn, di sɛntralayz wata saplai sistɛm dɛn, di say fɔ klin di siti dɛn, di we aw dɛn de ayd di sikman dɛn ɛn ɔda tin dɛn, ɛn go bak to di kɔndishɔn dɛn we bin de 200 ia bifo, mɔtalman go dɔnawe wit difrɛn sik dɛn we kin kam pan pipul dɛn insay sɔm ia.

Enihow, ivin tide oto-infɛksh□n, lɛk dɛn wan dɛm we de gi rizin kataral kɔndishɔn, de divɛlɔp kwik kwik wan ɛn bi disasta we nɔ go ebul fɔ avɔyd fɔ ɔl mɔtalman we de it kuk. We dɛn tek advantej pan di wik we di lay lay man in sɛl dɛn wik, di maykroɔganism dɛn we nɔ de du bad kin bi

i kin rili bad. Davydovsky rayt se: "Insay di layt fɔ di kɔntempɔral data bɔt di chenj we baktri dɛn kin chenj wi fɔ tek di postulat se di baktri dɛm we kin mek pɔsin gɛt sik kin kɔmɔt frɔm wetin dɛn kɔl baktri dɛm we nɔ kin mek pɔsin gɛt sik as sɔntin we rili nia di rial tin. So, di basili dɛm fɔ tayfɔyd, paratayfɔyd ɛn disɛntri kin kɔmɔt." fr□m di intestinal basili dɛm;di rial basili dɛm f□ difteria kin divɛl□p fr□m lay lay basili dɛm.Dɛn kayn mɛtam□f□s dɛm ya kin tek ples insay □l di vɛryut dɛm f□ k□k, insay anaerob, insay di basili f□ pleg ɛn t□ba ɛn insay □da maykro □ganism □to infɛksh□n na rial tin spɛshal wan pan di ɛkspɛns f□ di usual inhabitants f□ di m□talman b□di, di skin ɛn di m□kus mɛmbran dɛm."

Insay bɔku bɔku sik dɛn we pɔsin kin gɛt di pruf fɔ se pɔsin gɛt infɛkshɔn nɔ de. Jɛnɛral wan, ɛvri sik we de kam pan pɔsin kin mek in fɔs apia na di dilik ɔrganizm fɔ sɔm wik pɔsin ɛn afta dat i kin pas to ɔda pipul dɛn. In rialiti, ɔl dɛn kayn ɔrganizm ya na denja faktri fɔ mek di baktri dɛm we de mek di sik bɔku ɛn skata. Dis kayn faktri nɔ fɔ de pan pipul dɛn we de it raw. So di wɔl fɔ pipul dɛn we de it raw-it go fri frɔm ɔl di sik dɛn we de pas sote go.

di tin dɛm we Davydovsky de si □to-infɛksh□n kin s□mariz lɛk dis: "Di men rijy□n dɛm na wi b□di usay di pr□sɛs dɛm f□ □to infɛksh□n de divɛl□p na: di trot, di t□nsil dɛm, di vɛmif□m apɛndiks, di big intestin, di k□nj□ktiva, di br□nkial t□b dɛm ɛn di urinary pasej dɛm.Di sik dɛm we de □to infɛksh□n na: nasal kata, farin, kolɛt, disɛntri, br□nkitis, nyumonia, sistayt, paylaytis, nɛfrayt, k□njunktivit, inflammatory skin affections, .

di furunkul dɛm, di k□b□nkl dɛm, di □titis, kolɛsistaytis, □stiomaylaytis, afta dɛn b□n endometritis, ɛn ɔda tin dɛn. Akɔdin to di data we FG gi Barinski (1949), insay 50 pasɛnt pan ɔl di kes dɛm we gɛt skarlet fiva ɛn 15 pasɛnt pan di difteria kin bi dairekt kɔntakt. In ɔda wɔd, insay di big big pat pan ɔl di kes dɛm we gɛt difteria nɔr gɛt pruf fɔ sho se di infekshɔn na frɔm ɔdasay. Agen, pruf we T. E. Boldyrev (1949) bin gi sho se 53 pasɛnt pan di wan dɛn we gɛt tayfɔyd na dɛn nɔ no usay dɛn kɔmɔt. di rol we di ɛksojen infɛksh□n dɛm de du de d□n s□mtɛm, we de gi in ples to di ɛndrojen infɛksh□n dɛm. Witout eni wan

dawt insay di f□s tɛm, i go no se di chif rol na □to-infɛksh□n dɛm rili de ple, spɛshal wan as wi n□ de yet f□ ful posɛsh□n f□ di nɛsɛsary no we go mek wi ebul f□ ɛksplen di esɛns f□ di fysiolojikal mɛkanism dɛm ɛn k□ndish□n dɛm we de chenj di n□mal simbiosis f□ sɛl dɛm ɛn baktri dɛm insay wan stet f□ infɛksh□n.

"In rispek to di aetioloji fɔ infɛkshɔn sik dɛn wi fɔ lɛf." di nosh□n dɛm we dɛn k□nsɛp in tɛm f□ Koch, Ehrlich ɛn Pasteur pan di 'pathogenic' nɛch□r f□ di maykro □ganism dɛm f□ ɛksternal ɛn intanal mɛdia. insay di ful sɛns f□ di w□d n□to di baktri dɛm sɛf we de mek sik, b□t dɛn fysiolojikal k□rɛlesh□n dɛm we de insay di □ganism we dɛn gi na wan patikyula m□ment ɛn we □gan k□nekt wit di disturbans dɛm na in rɛgɛlɛtiv sistɛm dɛm ɛn nɛv mɛkanism dɛm. n□ spɛshal 'pathogenic' maykrob dɛm n□ de na di nature; b□t n□ ɛnd □f f□s tin dɛm de we de protɛkt di susɛptibiliti insay wan n□mal rɛsistɛnt s□bjɛkt, ɛn vays vɛsa."

Na wan tin nɔmɔ wi go ebul fɔ tɔk bɔt frɔm ɔl dɛn tin ya. di rial k□z f□ sik dɛm we de pas n□to di m□talman, b□t di impɛri□s k□ndish□n f□ di n□mal bayolojikal pr□sɛs dɛm na di □ganism. Maykrob dɛm bin de □ltɛm, dɛn stil de ɛn dɛn go de sote go. Di kampen fɔ pwɛl ɛn dɔnawe wit dɛn na sheer madness. As a rizulta fɔ tɔn dɛn yay pan di rial tin dɛm we de mek sik, di ɔrganik pawa we mɔtalman gɛt fɔ fɛt di sik dɔn ridyus smɔl smɔl te mɔtalman nɔ de wet igen fɔ mek infɛkshɔn kɔmɔt na do, bɔt i de day pan di baktri dɛm we de swɛla insay dɛn bɔdi . f□ insay di m□talman □ganism dɛn b□di b□di dɛm we n□ ebul f□ du eni bad tin to di animal dɛm we de f□m kin kam fes to fes wit wik, we n□ gɛt valyu, inaktiv sɛl dɛm we dɛn f□m fr□m mit, bred, b□ta ɛn shuga. So i nɔ sɔprayz fɔ no se dɛn kin jɔs fɔdɔm pan dɛn sɛl dɛn de ɛn it dɛn wit ɔl dɛn at. di pɔsin we gɛt sɛns fɔ klin in bɔdi frɔm ɛvri wan pan dɛn sɛl dɛn we nɔ gɛt yus, afta dat nɔ maykrobɔd nɔ go dea fɔ go nia di yɔŋ, strɔng ɛn strɔng sɛl dɛn we go dɔn kam na di wɔl frɔm nobul frut, nɛt ɛn siriɔs. na ya, f□ tru, na "di esɛns f□ di fysiolojikal mɛkanism dɛm ɛn k□ndish□n dɛm we de chenj di n□m

simbiosis f□ sɛl dɛm ɛn baktri dɛm insay wan stet f□ infɛksh□n," di ɛksplen we Davydovsky n□ ebul f□ gi.

Di wok we antibayɔtik de du as tritmɛnt ɛjɛn na fɔ shɔt tɛm nɔmɔ ɛn i de ful pipul dɛn. Pipul dɛn de fil bad smɔl smɔl wit dɛn. we dɛn de nyutral di ifekt dɛm we di baktri dɛm de du f□ s□m tɛm, dɛn de wik di sɛl dɛm ɛn klia di we f□ str□ng infɛksh□n leta.

A gɛt di bɛst ɛkspiriɛns bɔt antibayɔtiks. As a rizulyt of dificiency of natural nourishment mi pikin dem olwes de sofa wit wan irregular, persistent fiva we de kam bikos of auto-infection en auto-intoxication, dem temperecha bin de chenj bitwin 37.8°C. ɛn 38 °C. a tek mi pikin go na Paris en trowe am to di kia of di most eminent "specialists" dem de. □n□f□s, tru indiskriminɛt ɛkspɛriɛns wit antibaytik dɛn rayz dɛn tɛmprach□ to 40- 41°C. ɛn we in at ɛn kidni dɛn bin de pwɛl, dɛn bin dɔn kil am, ɛn dɛn nɔ bin ebul fɔ no se i sik.

Na di sem tin bin apin to mi gyal pikin, bɔt stil big big fɛt-fɛt, tu ia afta dat. A bin put am na di Anscharhohe Children’s Hospital (Kinderkrankenhaus Anscharhohe) na Hamburg, usay wan Dɔktɔ Wolfgang Tiling bin du di ɛkspiriɛns dɛn we nɔ fayn pas ɔl pan mi po pikin. Ɛvride i bin de pul bɔku bɔku blɔd, we i bin de du difrɛn tɛst dɛn na lɛbɔtri ɔ injɛkt am to dɔzɛn po rat ɛn rɔbish dɛn, ɛn i bin de mek lɛk se bay we i de bɔku di baktri dɛn i want fɔ no di rial ɔrganizm we de mek di sik, bɔt uswan i nɔ bin ebul fɔ no insay in klinik ɛgzamɛn dɛn we nɔ bin kɔmɔn. Di mɔ di tɛmpracha fɔ mi pikin bin de go ɔp, na di mɔ di antibayɔtik dɛn we dɛn bin de gi am bin big ɛn na di mɔ dɛn difrɛn difrɛn kayn dɛn. Wit di inkris dos dɛm f□ antibaytik di tɛmprach□ de go □p ɛn h□y, te i de f□lt k□ntinyu bitwin 39°C. ɛn 41°C. ɛn di sayn dɛm fɔ nefrayt bin kam fɔ mak strɔng wan. bay in "sayntis" min se i spid di divɛl□pmɛnt f□ di sik, ridyus in "n□mal" tɛm we i de tek f□ ia to wan m□nt n□m□. I bin tek di pikin lɛk dɔmi ɛn i bin de mek wi fred fɔ mek wi biliv di lay lay tin

dat if dɛn nɔ gi am kɔtizɔn ɔ du intanɛnt bayɔpsi, i nɔ go liv pas wan wik.

Na dɛn tɛm dɛn de a kam fɔ si wan Jaman we Bircher-Benner bin rayt tritiz we gɛt di taytul "Nutrishɔnal Sik dɛm" ("Ernahrungskrankheiten" , Erster Teil, 1933). Wantɛm wantɛm, a pul mi gyal pikin na da ɔspitul de ɛn trɔs am fɔ kia fɔ di tin dɛn we dɛn kin it. Wit di wef we wan majik wand bin de mek wantɛm wantɛm di tɛmpracha fɔ mi pikin bin go dɔŋ to di rijyɔn we na 37°-37.5 °C. ɛn di kwantiti fɔ in urine bin go ɔp frɔm 200m1 to tu lita wan de. Insay wan wik, i grap ɛn waka krɔs di rum fɔ opin di domɔt fɔ da dɔktɔ we nɔ gɛt at, we bin mek i nɔ tɔk natin ɛn i bin de fred fɔ mek dɛn shem am sote ɔnda wan pretekst we nɔ gɛt ɛni bɛnifit ɔ ɔda wan, i nɔ gri fɔ gi mi kɔpi dɛn fɔ di ɔspitul rɛkɔd dɛm ɛn di klinik ɛgzamɛn dɛm.

If a bin kɔntinyu fɔ gi di pikin tin fɔ it wit it we dɛn jɔs it, i fɔ dɔn rili de alayv tide. Bɔt da tɛm de a bin de tek raw it as tritmɛnt ɛn a bin stil gɛt fet pan atifishal vaytamɛn dɛn. Fɔ mek a go no gud gud wan bɔt di it we Dɔktɔ Bircher Benner in Prayvet Klinik de gi, a kɛr di pikin kɔmɔt na Ambeg fɔ go na Zurich ɛn kip am na da say de fɔ 23 dez. A kin tɔk ya, bay di we, se i sɔri fɔ no se afta Dɔktɔ Bircher Benner day, dɛn dɔn chenj in sistɛm fɔ it fayn fayn wan bay we dɛn dɔn put it dɛn we dɛn kuk, tin dɛn we dɛn mek wit milk, vaytamɛn ɛn ɔda mɛrɛsin dɛn.

Ɛni aw i bi, bikɔs a bin ɛnkɔrej mi bikɔs in kɔndishɔn bin de go bifo kwik kwik wan, a bin tink se i pɔsibul fɔ mek i gɛt wɛlbɔdi bak sɔm pat pan am bay raw it dɛn ɛn pat pan am bay it dɛn we dɛn kuk ɛn atifishal vaytamɛn dɛn. Ɛni we, na 4 ia nɔmɔ wi bin ebul fɔ mek in layf lɔng.

Mi sɛf na wan strɛch ɛgzampul fɔ man in, win pan ɔto-infɛkshɔn. Fɔ pas 20 ia naw, a bin de sɔfa wit kronik brɔnkaytis sote bɔku tɛm insay di ia, a bin de yus fɔ go na mi bed wit di kol atak dɛn we rili bad. Bɔt fɔ it raw dɔn chenj ɔl dis ɛn pan ɔl we fɔ di las tɛn ia a dɔn de slip ɔnda di opin skay ɔlsay na di ia, sɔntɛnde na di kol kol kol kol winta frɔst we na 15 ɔ 16 digri, wit di maykrob dɛn we stil de na dɛn ples, .

nɔto wan tɛm nɔmɔ a dɔn kɔf ɔ fil smɔl tin we sho se a dɔn kol. A fɔ ad bay di we aw fɔ slip na di opin ɛj insay winta nɔ nid patikyula heroism. Na fɔ kɔba di bɔdi fayn ɛn kip di fes opin fɔ di fresh briz. Apat frɔm dat, i impɔtant fɔ lɛf fɔ it tin dɛn we yu dɔn kuk so dat yu go pul di tin dɛn we kin mek yu nɔ slip ɛn rɔl na bed ɔltɛm.

Kɛnsar na di Riz□lt f□ di ɛkstrim dɛjɛnɛresh□n f□ di sɛl dɛm

Jɔs lɛk ɔl ɔda sik dɛn, di tin dɛn we kin mek pɔsin gɛt kansa, bak, na i izi fɔ ɛksplen am bay di lɔ dɛn we de na di wɔl.

Saytɔlɔjis dɛn dɔn du bɔku bɔku risach fɔ no difrɛns bitwin di strɔkchɔ dɛn na di nɔmal sɛl dɛn ɛn di wan dɛn we di kansa sɛl dɛn gɛt. Jɛnɛral wan, dɛn dɔn si se kansa sɛl dɛn na sɛl dɛn we rili kɔmɔn we nɔ gɛt di strɔkchɔ we dɛn nid ɛn we nɔ ebul fɔ du ɛni wok we go ɛp dɛn. di wangren tin we dɛn de du na f□ it di protin dɛm (bildin mɛtirial dɛm) ɛn f□ b□ku.

As wi no, di sɛl dɛn we di lay lay man gɛt gɛt di sem tin kwaliti dɛn we pɔsin gɛt. Na wan digri nɔmɔ difrɛns de bitwin di pwɛl hat we di lay lay man in sɛl dɛn de sɔfa ɛn di sɛl dɛn we gɛt kansa. As fɔ di say we i de insay sɔm tin dɛn, di rial man kin ebul fɔ kip di lay lay man in sɛl dɛn ɔnda in kɔntrol. i de spre dɛm na di fri ɛkspɛns dɛm na in □ganism, i de ful□p di ɛmpti k□va dɛm wit dɛm, i de trowe dɛm □nda in skin, i de miks dɛm wit in n□mal sɛl dɛm ɛn so, f□ s□m tɛm at□s, i de kip di sɛnsitiv □gan dɛm ɛn sistɛm dɛm f□ in bɔdi fri frɔm di denja we dɛn de prɛs am.
Ɔlman kin si wit in yay di big big mas we di lay lay man gɛt, sɔntɛnde i kin rich 60-70 kilogram. If dɛn put sɔm kilo pan da mas de na ɛni gland ɔ ɔgan, di wok we di gland ɔ ɔgan we dɛn gi de du go mɔs paralayz ɔnda di prɛshɔn we de kɔmɔt frɔm dat. Na jɔs dis we kansa kin mek man in layf dɔn.

Dɛn dɔn kɔl di lay lay man in sɛl dɛn, lɛk di wan dɛn we gɛt kansa insay ɛgzistens bay we dɛn yuz di it we dɛn kin pripia na di kichin fɔ di

di praymar purpose fɔ akt lɛk avid kɔshɔma fɔ dis kayn it.
Bay di difens ɛfɔt we di rial man de tray di sɛl dɛn na di lay lay man nɔ ebul fɔ asimilet kɔmplit wan di bɔku bɔku tin dɛn we nɔto natura we dɛn kin put insay di bɔdi tru di chanɛl fɔ adikshɔn, ɛn bikɔs ɔf dat, bɔku pan dɛn tin dɛn de kin lɔs we nɔ gɛt ɛni aim bay we dɛn bɔn am ɛn tɔn am to ɔt we nɔ impɔtant. Fɔ mek dɛn ebul fɔ it dɛn bɔku bɔku it dɛn de fri wan, di lay lay man in sɛl dɛn kin tray fɔ gɛt indipɛndɛns, fɔ go de na ɛni say we dɛn want ɛn fɔ gorge dɛnsɛf te dɛn ful-ɔp. We wan ɔ sɔm pan dɛn ebul fɔ du wetin dɛn want, dɛn kin bigin fɔ it di it dɛn we dɛn masta we gridi kin gi dɛn kwik kwik wan we dɛn nɔ go biliv. So, frɔm wan ɔ tu sɛl dɛn we nɔ impɔtant, di monsta de kam we de kip ɔl mɔtalman na di say we i de fred we de kil pipul dɛn. insay n□n pan di plɛnti pat□layz pr□sɛs dɛm wi de mit wan sɛm kayn kes usay pan di mili□n sɛl dɛm na wan □ tu sɛl dɛm n□m□ de day pan sik.

Di man we de si klia wan we gɛt di sɛns fɔ tek in maynd wit fawndeshɔnal prɔblɛm dɛn nɔ kin ɛp fɔ wɔnda di stupid kwɛstyɔn dɛn we risach sayɛnsman dɛn de west dɛn tɛm, mɔni ɛn ɛnaji pan. Fɔ mek dɛn ebul fɔ ɛksplen aw kansa kin apin dɛn dɔn list lɛk 400 difrɛn tin dɛn we kin mek pɔsin gɛt kansa, we, pas di tin dɛn we pɔsin kin it, nɔ gɛt di smɔl kɔnekshɔn wit di bɛsis tin dɛn we kin mek pɔsin gɛt kansa. Ɔlman fɔ aks insɛf dis kwɛstyɔn: "Granted se ɔl di pɔyzin, rayt, iritashɔn we nɔ de dɔn, injuri, bɔn, vayrɔs, nikotin, tar ɛn bɔku ɔda tin dɛn kin, as bad tin, ebul fɔ mek di sɛl dɛn nɔ gɛt dɛn kɔmpleks." str□kch□ ɛn dɛn kapasiti f□ wok, □ f□ damej, f□ emaciate, f□ k□l dɛm ɛn f□ kil dɛm, b□t bay us posbul we dɛn kin indyuz insay wan □ tu sɛl dɛm so big pawa f□ m□ltiplikash□n we go mek dɛn ebul, insay wan rili s□t spɛs f□ tɛm, fɔ fɔdɔm ɛn afta dat fɔ pwɛl di wan ol wɔndaful bildin we mɔtalman bɔdi gɛt ɔltogɛda?"

Dat bad bad pawa de kuk, bek, pripia ɛn prɛzɛnt to di monsta bay di ɔna fɔ di ɔrganizm insɛf fɔ in yon

own ultimate distrukshɔn. Kansa na di pruf we de sho se di sɛl dɛn de pwɛl bad bad wan ɛn di tin we nɔ go ɛva apin we pɔsin de it tin dɛn we nɔto natin.

We dɛn de du dɛn investayshɔn, sayɛnsman dɛn kin kam fes-to-fes wit di rial tin dɛn we kin mek pɔsin gɛt kansa. Dɛn kin ol di pruf dɛn we dɛn nɔ go ebul fɔ dawt na dɛn an, dɛn kin luk dɛn fɔ sɔm tɛm ɛn ivin kɔnfɔm dɛn, bɔt ɛnitɛm we di kwɛstyɔn bɔt fɔ chenj di it sistɛm dɛn we de naw kam fɔ tink bɔt, dɛn kin lɔk dɛn yay wit kɔnfyushɔn, lɛk se tɛnda dɔn slap dɛn, ɛn we dɛn nɔ de taya fɔ smɔl tɛm dɛn kin tek dɛn il, bikɔs dɛn NƆ WISH fɔ si ɛnitin we nɔto natin pan dɛn it. Na mɔtalman, di NƆ WISH fɔ kɔrɛkt di bred we dɛn de it ɛn we fɔ lɔng lɔng tɛm dɛn dɔn tek as oli tin, we dɛn nɔ de tink fɔ smɔl tɛm se bay di tɛm we i rich na di tebul dɛn dɔn dɔti am bak ɛn bak bay we dɛn de grind am , fɔ sif, fɔ miks ɛn fɔ bek.

Saytɔlɔjis dɛn si klia wan se dɛn kin mek kansa kam bay we dɛn de yuz sɛl dɛn we nɔ gɛt spɛshal strɔkchɔ ɛn we nɔ gɛt ɛnitin fɔ du wit di wok, bɔt stil we dɛn si ɔl di sɛl dɛn we di man we dɛn kɔl wɛlbɔdi man gɛt (pan ɔl we na di tin dɛn we nɔ gɛt natura l it) na dɛn fɔs ful divɛl�p ɛn pafɛkt sɛl dɛm we leta dɛn kin k�l dɛn n�mal atribyut dɛm tru di infl�ɛns f� s�m kansa ejen dɛm. In ɔda wɔd, di absɛns ɔf di rayt mɛkanism fɔ di faktri fɔ di difrɛns dɛn na in prodakshɔn gɛt kɔnekshɔn wit ɛvri kɔzhɔl factor, bɔt dɛn nɔ gɛt ɛnitin fɔ du wit di bildin matirial dɛn we dɛn de gi to da faktri de, ɔ wit di kayn ɛn kwaliti fɔ di raw matirial dɛn we nid fɔ mek dɛn prodyuz. Dɛn NƆ WISH FƆ SI se di ɔgan dɛn fɔ ɔl di wan dɛn we de it kuk, dɔn ful-ɔp wit bɔku bɔku sɛl dɛn we dɔn lɔs dɛn rayt ɛn wok we dɛn de du fɔ ɔltɛm. A go kot naw sɔm pat dɛn frɔm Cowdry in "CANCER CELLS" frɔm usay di wan we de rid go si klia wan aw klia ɛn klia di rial kɔz dɛm fɔ

kansa na.

Cowdry rayt (p.11): "Wit l�s in ol � in pat pan di spɛshal savis f�nsh�n f� dɛn prɛkurs�r dɛm, kɛnsar sɛl dɛm de l�s in lɛk mɛzhɔ di str�kch�ral f�m dɛm we de mek da patikyula f�nsh�n de."

pɔsibul. str□kch□ n□ kin mɛnten if f□nsh□n n□ de pas f□ f□nsh□n we n□ k□rɛsp□ndɛnt str□kch□." Kawdri dɛn f□gɛt f□ ad di m□st klia trut we di sikrit f□ kɛnsar bin f□ s□lv wans f□ □l.

Na dat, fɔ mek dɛn ebul fɔ mek di strɔkchɔ ɛn wok fayn, raw matirial na impɔtant tin dɛn we dɛn nid, ɛn we dɛn chenj dɛn RAW MATERIALS de to KUK MATERIALS, dɛn nɔ go mentenɛns ɛni strɔkchɔ, ɛn dɛn nɔ go wok.

f□ di n□mal growth f□ sɛl dɛm Cowdry kot Rusch lɛk dis: "N□mal primordial sɛl dɛm k□ntɛn plɛnti p□tɛnshal mɛkanism dɛm we kin ultimately ditarɛmin difrɛns. Dis mɛkanism dɛm kin bi f□nsh□nal aktv we di k□nstityush□n dɛm atɛn s□m kwantiti lɛvɛl dɛm" (p. 15). di tɛm we di transf□mesh□n to kɛnsar "Di kansa dɛm de mek chenj na wan □ m□r pan di spɛshal f□nsh□n dɛm na di sɛl. di chenj we de k□m□t na di rɛs□lt." b□t, "sɛl dɛm we d□n s□fa fr□m dis kayn hɛritabl chenj kin nid f□ l□s di adish□nal l□s f□ di akses□ri f□kt□ dɛm bifo dɛn bi komplit □tonom ni□plasm dɛm" (p. 17). Kansa nɔ de kɔmɔt frɔm sɛl dɛn we dɔn divɛlɔp ful wan ɛn we spɛshal. "di eg ɛn di sɛl dɛm na hɛli difrɛns sɛl dɛm we n□ de bi malignant ɛn de gi kɛnsar we k□nsis f□ sɛl □ eg sɛl dɛm we de m□ltiply witout di usual restraints ɛn invayd di tɛritri dɛm we de pan n□mal, wel bihayv sɛl dɛm" (p. 333).

di men tin dɛm we di kɛnsar sɛl dɛm de du na f□ fɛn naytrojen s□bstans dɛm, f□ it animal protin dɛm, f□ snatch away amino asid dɛm, f□ s□ntez abn□mal protin dɛm ɛn f□ du difrɛn □da eksp□lit dɛm we s□m kayn we. dɛn bin de luk pan kɛnsar "as i de akt lɛk 'naytrojen trap' we de pul amino asid dɛm fr□m di b□di pul we n□ de alaw ɛni aprɛsibul f□ kam bak to am" (p. 39). f□s d□n dɛn se (ibid.): "I tan lɛk se di naytrojen mɛtabolism f□ di malign sɛl dɛm de k□ri□nt bay we dɛn de tek fr□m sɛl dɛm we de biev fayn, we de sav di b□di fayn fayn wan, mɛtirial dɛm we dɛn rili nid." Di enigma bin fɔ dɔn sɔlv am izi wan if dɛn bin dɔn tek di wɔd dɛn "sorely needed" wit di wɔd dɛn "EXTREMELY USELESS AND HARFUL". Christensen ɛn Henderson (1952) bin tink bɔt di supiriɔriti insay amino asid

akyumyuleshn bay di kansa sɛl dɛm "wan signifyant fs f di growth ɛn mltiplikashn f di nioplastik sɛl insay wan west animal" (ibid.). insay dɛn we aw dɛn de si di animal dɛn n west di absns f di nɛchral fd, bt f difɛshn in di kwantiti f amino asid dɛm.

di kansa sɛl dɛm de kntinyu f mek di protin dɛm. Cowdry rayt (p. 152); di mɛtirial dɛm na di nmal tisu dɛm we n de gro de bɛlɛ bay wan ikwal brɛkdwn." insay wan da ples i kot Caspersson (1950): "bitwin di malign tmro sɛl ɛn di nmal tmro sɛl we de gro nmal wan i lɛk se wan fndamɛntl difrɛns de we i kam pan di divɛlpmɛnt f di sistɛm f protin fmeshn. Insay di malignant tmro sɛl di ɛndoselulr inhibitory mɛkanism, we nmal wan de limited di aktvti f di protin fm sistɛm, dɛn mr lɛs st f, fnshn, we de lid to spɛsifi k ltɛrayshn dɛm na di saytokɛmik pikch" (pp. 10-102). Yu tink se nid de fɔ ɛksplen se di prɔtin dɛn we dɛn de tɔk bɔt nɔto di prɔtin dɛn we dɛn kin gɛt frɔm greps ɔ apul, bɔt na di wan dɛn we dɛn kuk ɔ bek na kichin ɛn we di nɔmal sɛl dɛn nɔ gri wit?

Fɔda sayɛns invɛstigeshɔn dɔn sho se di kwantiti fɔ di fɛt we de insay di kɛnsar sɛl dɛm de pas nmal, we di wan f vaytam in ɛn minral dɛm, na di da say, de dn nmal.

Cowdry admit se "Sɛl dɛm, malign ɛn da wan dɛm, na kmpleks sm sm pipul dɛm we dɛn n kin tink bt. smtɛm ɛvri wan kin gɛt lɛk 10,000 difrɛn bayokɛmikl knstityushn dɛm, we de kmt frm inrganik ayn dɛm to di mst kmpleks protin dɛm ɛn nyuklioprotin dɛm, we de intarakt dayrekt indayrekt wit wan an." ..di bɛlɛ f di aktiviti dɛm na wan liv sɛl, dat na di vala vɛt ɛksprɛshn f di layf f di sɛl, f bi fnshn eni tɛm f rili kmpleks kɛnɛtik intarakshn bitwin dɛn mɛtirial dɛm ya.F difayn di stet f eni sɛl kmplit wan, wan go nid f dɛskrɛb in kɛnɛtik tɛm dɛm di mltipl rilayshn dɛm we involv.Bis i n fɛsibul f disayd kwantiti mr pas

f□ vɛriɛbul dɛm wan tɛm, wi kin gɛt b□t wan vɛri limited vɛryu f□ di □l k□mpleks situesh□n. Di matematikal fɔmyulashɔn dɛn we de dil wit 4 ɔ 5 kɔmpɔnɛnt sistɛm dɛn de prɛzɛnt big big prɔblɛm dɛn, lɛf fɔ tɔk bɔt di wan dɛn we de dil wit tawzin vayriɔbul dɛn" (pp. 151-152). So wi sayɛnsman dɛn, we di destiny fɔ ɔl mɔtalman de na dɛn an, no infinitesimally smɔl bɔt di str□kch□ f□ di sɛl dɛm.Yɛt, pan □l we dɛn n□ no b□ku, dɛn n□ de ignore di nɛch□r we dɛn k□nstr□kt dɛn k□mpleks sɛl dɛm de ɛn dɛn de mek pipul dɛn biliv se bay dɛn □wn prɛsis k□mputaysh□n dɛn kin disayd di ɛksak□t kwalitatif ɛn kwantiti rikwaymɛnt dɛm f□ dɛn k□mpleks sɛl dɛm di sɛl dɛm we i kam pan di protin dɛm, fɛt dɛm, kabohaydret dɛm, vaytamɛn dɛm, minral dɛm, ɛn □da tin dɛm.

Dɛn kin ivin go so fa dat fɔs dɛn kin disgres di sɛns we di chif injinia gɛt bay we dɛn nɔ kin gri wit wetin i dɔn ɔda, dɔn dɛn kin mek difrɛn tin dɛn na dɛn faktri ɛn gi wi. Mek di pɔsin we de rid disayd fɔ insɛf if di tin dɛn we dɛn de du na fɔ laf ɔ fɔ mek dɛn sɔri.

Risach sayɛnsman dɛn dɔn gɛda bɔku pruf fɔ sho se fɔ spɛnd mɔni ɔ fɔ stɔp fɔ it tin dɛn, dat kin mek pɔsin nɔ gɛt kansa ɛn i kin mek i nɔ bɔku. Insay di Fɔs Wɔl Wɔ ɔnda di bad bad it rɛshɔn we bin de da tɛm de na Denmak, Rɔshia, Jamani ɛn Ɔstria di wan dɛn we day pan kansa nɔ bin bɔku pas afta dɛn dɔn pul di rɛshɔn we di wɔ dɔn. Insay di opinion fɔ Hindhede (1925) fɔ it pasmak bin kɔntribyut to dis inkris we bin apin afta dat pan di pipul dɛn we de day.

Cowdry gi ɛgzampul dɛn frɔm di ɛkspiriɛns dɛn we dɛn bin du pan animal dɛn: "Dɛn gi di kredit to Moreschi (1909) we McCay (1947) bin gi fɔ ɛkstɛnd di wok we di fɔs British invɛstigatɔ dɛn bin de du we bin de tɛnd fɔ sho se di it we dɛn nɔ de it kin mek di tumbu dɛn nɔ gro na animal dɛn, ɔ i kin m Sarkoma we Moreschi transplant insay mays tek in rɔf prɔpɔshɔn to di amɔnt dɛn fɔ it we dɛn gi. Mays dɛn we bin de it tin dɛn we dɛn nɔ bin ebul fɔ it bin liv lɔng ɛn fɔ transplant di tɔŋ dɛn insay dɛn bin at pas di mays dɛn we dɛn bin dɔn it ful wan.

"McCay ɛn in kɔmpin dɛn dɔn mek bɔku wɔndaful stɔdi dɛn pan." rat dɛm rɛtard bay we dɛn de ridyus di enɛji f□ di it to dat we adekwayt f□ mɛntenans, b□t we n□ inof f□ gro. Na so dɛn bin de ol wan grup

y□ŋ f□ m□r dan 700 dez ɛn □da wan we pas 900 de dɛm we dɛn n□ alaw f□ gro te i mach□, pan □l we di minin lɛngth f□ dis kayn rat □nda usual k□ndish□n na lɛk 600 dez. we dɛn gi dɛm inof kalori di rɛtard rat dɛm de mach□ ɛn kin liv a tot□l 1,400 □ m□r de — ova tu tɛm dɛn n□mal layf span" (pp. 394-395). Agen, akɔdin to McCay, Sperling ɛn Barnes (1943) "divɛl□pmɛnt f□ t□m□ro dɛm was negligible in rats that were retarded in growth until after they had allowed to attain machurity" (p. 396). Wetin na wɔndaful rizɔlt dɛn nɔ go gɛt if dɛn rat dɛn de it pan wan restricted diet we na raw it nɔmɔ.

f□da ɛkspɛriɛns sho se 150 kes dɛm f□ t□m□ro dɛn divɛl□p bitwin 198 rat dɛm we dɛn it "n□mal' it, as ɛgɛst □nli 38 t□m□ro dɛm bitwin 200 rɛtarded rat dɛm — animal dɛm we pat pan dɛpriv f□ di tin we dɛn k□l n□mal it it we de spre dis kayn ruthless slaughter ɛn shɔt di durayshɔn fɔ layf bɔku tɛm?

Dɛn dɔn tray difrɛn tɛm fɔ mek dɛn no di rilayshɔn bitwin di bɔdi wet ɛn di wan dɛn we de day pan kansa bay we dɛn de tɔk bɔt layf inshɔrans statystik. Insay 1913, wan jɔyn kɔmiti we di Asosieshɔn fɔ Layf Inshɔrans Mɛdikal Dayrɛktɔ dɛn ɛn di Aktuarial Sosayti fɔ Amɛrika bin gɛt bin de tɔk bɔt 774,672 polisi dɛn we man dɛn we ol 20 to 62 ia bin bay. Dɔn dɛn si se fɔ man dɛn we de tek inshɔrans we dɛn ol 30-44 ia di nɔmba fɔ pipul dɛn we de day frɔm kansa na fɔ di wan dɛn we gɛt ɔvawej 37, fɔ di wan dɛn we gɛt standad wet 32 ɛn fɔ di wan dɛn we nɔ gɛt bɛtɛ wet 24, we dɛn kɔl as per 100,000. Fɔ di ol grup we ol 45 ia ɔ pas dat, di...

kɔrɛspɔndɛns rɛt na bin 156, 144 ɛn 120, rispɛktvɔli. Frɔm di rɛkɛd dɛn we di Yuniɔn Sɛntral Layf Inshɔrans Kɔmni, we dɛn bin analayz insay 1932, sho se dɛn wan ya we de day pan kansa, we bigin frɔm 25 pasɛnt ɔ mɔ we dɛn bɔdi wet pasmak, to 50 pasɛnt we nɔ gɛt bɔku bɔku bɔdi: 143, 138, 121, 111, 114 ɛn 95, di figa f□ 111 we de t□k b□t "n□mal" wet. I nɔ tu te yet, akɔdin to di Statistical Bulletin of the Metropolitan Life Insurance Company (1951), di wan dɛn we de day pan di man dɛn we gɛt bɔku bɔku bɔdi bikɔs dɛn gɛt sik we dɛn kɔl kadiovask

bin af bak as di standad ɛn dat frɔm dayabitis na bin lɛk 4 tɛm di standad. Dis na di blɛsin dɛn we di lay lay man de gi mɔtalman.

Bitwin 1900 ɛn 1950 di inkris pan di nɔmba fɔ pipul dɛn we de day fɔ sik dɛn we de ambɔg dɛn at ɛn kansa na Amɛrika na dɛn wan ya. Insay 50 ia di nɔmba fɔ pipul dɛn we de day fɔ kansa dɔn go ɔp frɔm 64 to 139.6 pan ɛvri 100,000 pipul dɛn, we di wan fɔ sik dɛn we de mek dɛn at ɛn blɔd bin dɔn go bifo frɔm 244 to 478.1. We wi kɔnt ɔl di tin dɛn we dɛn dɔn tɔk bɔt, insay 1950 pan 803.9 pipul dɛn we day pan ɛvri 100,000 pipul dɛn bikɔs ɔf tɛn big tin dɛn, sik dɛn we de mek dɛn at ɛn blɔd ɛn kansa, na 617.7 pipul dɛn. Di nɔmba we stil impɔtant pas ɔl na di las nɔmba dɛn we de, we dɛn de tɔk bɔt di ia 1964. Di nɔmba fɔ pipul dɛn we kin day pan kansa dɔn go bifo naw to 151.3, ɛn di wan dɛn we kin day pan kansa dɔn go ɔp to 508.6, we dɔn gi wan nɔmba we dɛn put togɛda na 659.9 pan ɔl di wan dɛn we dɔn day 939.7 di tin dɛn we kin mek pɔsin gɛt prɔblɛm. Dis na di amazing rizulyt dɛm f□ di "progrɛs" f□ mɛdisin; di shok autkam fɔ di bɔku bɔku dɔktɔ dɛn, ɔspitul dɛn ɛn drɔgs dɛn; di inevitable prodakt dɛm f□ di "rifinɛmɛnt ɛn purifyush□n" f□ it dɛm. Wan kin imajin di stet ɔf afɛkt if di prɛsɛn "prɔgrɛs" kɔntinyu fɔ ɔda 50 ia.

Akɔdin to di ɔfishal statystik dɛm fɔ di Yunaytɛd Stet dɛm fɔ 1964, na 1.4 pasɛnt nɔmɔ pan di ɔl di pipul dɛm we day na "Symptoms, senility and ill-defined conditions". Insay dis kategori, sɛniti na jɔs kɔnjɛkshɔn, fɔ tru, bikɔs pan di wan dɛn we de it it we dɛn kuk, nɔbɔdi nɔ de rich ol ej. We ɔnda rili sivilizayt kɔndishɔn dɛn! if nɔto aksidɛnt ɛn mishap, ɔl mɔtalman go day we dɛn dɔn ol.

Na di wayl animal dɛm we de na di natura l say dɛm, wi nɔ no di kayn kansa we kin apin. Bɔt afta dɛn dɔn put mɔnki dɛn we dɛn kapchɔ to it we nɔ gɛt bɛtɛ trɛnk fɔ lɔng tɛm, dɛn dɔn pɔsibul fɔ si wan ɔ tu tumbu dɛn we tan lɛk kansa. "Di onli big grup f□ □ganism dɛm we pruf f□ di wan wan tɛm we kɛnsar de apin n□ de □lsay na di dip pat dɛm na di si," na so Cowdry deklare (p. 196). Dis na bikɔs di an dɛn we de pwɛl mɔtalman nɔ dɔn du am

bin rich to dɛn. Dɛn imyuniti de rili wɔndaful we yu tink bɔt di tru tin we dɛn wɔl big pas wi yon fa fawe, pan eria ɛn pipul dɛn we de de.

As wi bin se, we dɛn de du risach, sayɛnsman dɛn kin kam fes to fes wit di men tin dɛn we kin mek pɔsin gɛt kansa, dɛn kin luk dɛn ɛn kɔnfɔm dɛn, ɛn yet dɛn kin pas nia dɛn wit kɔmplit indipɛndɛns, lɛk se dɛn fɛn na ɔda tin. "Di aidia se sɔm tin dɛn we de insay di it we pɔsin it pasmak, ɔ we dɛn nɔ de, kin mek pɔsin gɛt kansa, de gɛt grɔn frɔm ɔda say."

Ekspirimɛnt ɔltɛrayshɔn na di it we animal dɛn de it kin mek ɔl di difrɛns insay di ensuing prɛsɛns � absɛns f� kɛnsar" (p. 220).

Dɛn kin ivin no dairekt wan di bad tin dɛn we natura l it dɛn kin du. Cowdry is quite explicit on dis point: "Finally di fact de bigin f� k�m�t se na less prɛdisp�zish�n de f� t�m�ro divɛl�pmɛnt insay s�m animal dɛm we dɛn gi dɛm nɛch�ral it dɛm pas we dɛn de gi dɛm it dɛm we dɛn klin b�ku b�ku wan. Silverstone, Solomon and Tannenbaum (1952) obs�v se f�s benign hɛpatomas dɛn divɛl�p insay man DBA mays dɛm pan wan it we dɛn k�l Purina Lab�t�ri Chow we mek �p chif wan wit nɛch�ral it pas �da wan dɛm pan wan it we k�nsis f� sɛmi purifyed k�m�p�nɛnt dɛm, mɛnli, kɛsin, k�nstach, patli haydrojɛnɛt k�t�nsid �yl, sɛntetik vaytamɛn dɛm ɛn a miks�p f� s�l pan tap dat, sɛmi purifyed it dɛm we dɛn gi C3H man mays dɛn ɛnhans di divɛl�pmɛnt f� benign hɛpatomas.Di difrɛns insay di t�m�ro divɛl�pmɛnt k�relɛt wit notis difrɛns insay di kalori intake, in b�di wet, � in di pr�p�sh�n f� protin, fɛt, vaytam in ɛn minral dɛm na di it. di wan dɛm we rayt di buk tek tɛm f� p�ynt se wan n� f� tek am se �da kayn t�m�ro dɛm de rɛsp�nd difrɛnt wan" (pp. 403-404).

"Engel ɛn Copeland (1952) f�n�t se we dɛn wean AES ɛn Sprague Dawley rat dɛm we dɛn gi nɛch�ral it (st�k it dɛm) de divɛl�p f�s mama t�m�ro dɛm we di kansa, 2- acetylaminoflurene, indyuz pas dɛn wan dɛm we dɛn gi sɛmipurified it. Di difrɛns bin b�ku" (p. 404).

I nɔ gɛt wan dawt fɔ se di wan we de rid bin si us kayn it dɛn kin gi to mays dɛn we dɛn bin de tray fɔ du: tin dɛn we dɛn dɔn klin bad bad wan lɛk kasin, stach, kɔtɔn sid ɔyl, sɛntetik vaytamɛn ɛn sɔl. di miks□p we dɛn miks dɛn tin ya, dɛn misnem "n□mal it" bay risach sayɛnsman dɛm. Dɛn kin gɛda 100 pasɛnt mays we nɔ gɛt kansa frɔm di fil ɛn put dɛn na jel na kech, trit di po animal dɛn lɛk "delicate" pikin, inbred dɛn wit dɛnsɛf, fid dɛn wit di "nɔmal it" ɛn afta sɔm jɛnɛreshɔn dɛn tɔn dɛn to wetin dɛn k□l "pure in akɔdin to dɛn, dɛn "inbred strain of mice" de insay spɛshal patɔlɔjik kɔndishɔn, we te to 80 pasɛnt pan sɔm strayn dɛn kin gɛt "spontaneous" tumors we "unknown causes". Ɔl di wan dɛn we de it we dɛn kuk de insay wan kayn sik we dɛn kɔl pathologic condition.

Lɛ wi si naw if sayɛnsman dɛn ebul fɔ drɔ ɛnitin we go ɛp dɛn kɔnklushɔn dɛn frɔm di pruf dɛn we de ɔp we rili wɔndaful. I sɔri fɔ no se di ansa na di negatif. Fɔ tru, Cowdry de fil pen fɔ rijek di data we gɛt valyu pas ɔl, so dat ɛni wan pan in rida dɛn nɔ go ful fɔ tink fɔ lɛf wan ɔ ɔda wan pan di bɔku bɔku it ɛn drink dɛn we bɔku pipul dɛn kin tek, we pipul dɛn kin tek as di fit fɔ sivilizayshɔn. Dis na wetin i se: "I nid fɔ tek tɛm we wi de rid insay di prodakshɔn fɔ mɔtalman kansa data bɔt animal dɛn mɔ we i kam pan it. Man, pas di lɛvɛl we i de nia fɔ angri, na pɔsin we de it ɔltin we dɔn yus fɔ it bɔku difrɛn it dɛn." we dɛn gɛt fr□m plɛnti k□m□t dɛm na di w□l; we di animal dɛm de ajɔst to rɛd yunif□m ɛn simpul it dɛm we k□m□t na di l□kal □rijin" (p. 220). Mek di wan we de rid jɔj fɔ dɛnsɛf pan us big big mistek di pɔsin we rayt am gɛt.

"Granted artificially accentuated hereditary susceptibilities to cancer in dis secluded, pampered and protected, klos inbred strains of mice, aw den di kansa dɛm de rili prodyuz insay dɛm?" aks Cowdry (p. 350), we i nɔ ebul fɔ fɛn ansa to di kwɛstyɔn.

"we wi no di str□ng □gan-spɛsifi k hɛriditi susɛptibiliti in s□m strayn dɛm f□ mays de hɛlayt wi ignorans as to di nɛch□r f□ di kansa we di sɛl dɛm de susɛptibl. dɛn mays dɛm ya de lid wan vɛri shelta ɛgzistens insay kech. dɛn kin kip dɛm insay ɛya k□ndish□n."

rum dɛn ɛn di it we dɛn de it kin rili ɔltɛm. Dɛn nɔ de ɛkspos to ɛni fizik ɔ kemikal ɔ bayolojikal kansa we dɛn no" (pp. 349-350). Cowdry kin lɔk in yay bay wilful fɔ si se di rial fizik, kemikal ɛn bayolojikal kansa na di sem kɔndishɔn we insɛf dɔn mek fɔ dɛn po mays dɛn de. Dɛn tin ya na fɔ pul dɛn natura envayrɔmɛnt ɛn it, fɔ ayd ɛn shɔt dɛn na kech we nɔbɔdi nɔ de, fɔ shel, pamper ɛn protɛkt dɛn, inbred dɛn artificially, kip dɛn nɔ gɛt ɛnitin fɔ ambɔg dɛn na rum dɛn we gɛt ɛya kondishɔn ɛn fid dɛn wit casein, kɔnstach, kɔtɔn sid ɔyl, . sintetik vaytamɛn ɛn sɔl dɛn.

□dasay, Cowdry bring tu tebul dɛm f□ ɛkspɛriɛns data f□ sho modifyush□n dɛm na di kɛnsar divɛl□pmɛnt bay we dɛn de altɛraysh□n insay (a) di it protin ɛn ɛsɛnsial amino asid dɛm ɛn (b) di it B vaytamɛn dɛm. afta dat i mek dis k□mɛnt dɛm: "Vitamin dɛm ɛn ɛsɛnsial amino asid dɛm kin m□dify kɛnsar prodaksh□n... F□ ɛksplen dɛn tin ya ɛn □da tin dɛm we dɛn f□nsh□n na tin we at. I n□ f□ tek am se di patikyula it s□bstans we dɛn de f□s □ we pasmak de akt dairekt pan di tisu we de insay." di nioplastik chenj de tek ples" (p. 401). Dis na klia wan se dɛn nɔ gri wit di data we de. I tan lɛk fɔ se di satisfay ɔ nɔ satisfay ɔpreshɔn fɔ wan faktri nɔ fɔ gɛt ɛni kɔnekshɔn wit di wanwɔd ɔ di wanwɔd we di raw matirial dɛn we dɛn de gi am gɛt.

"I go bi ɔltogɛda bifo tɛm fɔ mek sɔm it dɛn we go mek pɔsin nɔ gɛt kansa pan dɛn tin ya we dɛn dɔn fɛn, lɛk aw Grinstayn (1947) dɔn wɔn am rayt wan," na so Kawdri rayt ɛn afta dat i ad se: "Fɔ wan tin di layf we mɔtalman de liv lɔng pas di wan fɔ dɛn wan ya." ɛkspɛriɛns animal dɛm we de adherence to dis kayn haypothɛtik it n□ go bi fɛsibul ova di plɛnti ia, we amoun in s□m kes dɛm to □lmost wan k□ta sɛnti, f□ di pɛri□d dɛm we latɛns insay k□rɛjɛnɛsis" (p. pan tap dat, "l□ng k□ntinyu f□ □nda it na animal dɛm de dɛfinitli ridyus di insidɛns f□ sɛvɛra kayn spontan t□m□ro dɛm" (p. 429).

"Di data we de rilet mɛnli to di insidɛns f□ t□m□ro ɛn n□ to." dɛn rɛt f□ gro afta dɛn d□n bigin. Di smɔl instans dɛn we de insay

we di growth de modify bay di it f�kt� dɛm na ins�fɛnt pruf dɛm we f� bays eni tɛrapi mɛzj dɛm pan di prɛsɛnt stet we wi no" (p. 402). I lɛk to wi se Cowdry n� intres f� ridyus di insidɛns f� t�m�ro; i intres na di prɔblɛm nɔmɔ fɔ fɛn tritmɛnt fɔ mɛn kansa ɛn dat nɔto tru di rɛktifikɛshɔn fɔ wi it abit dɛn, bɔt tru di ɛjɛnshi fɔ sɔm fansiful pil ɔ ɔda wan.

I fayn fɔ no ustɛm ɛn usay sayɛnsman dɛn go las fɔ no di rial tin dɛn we kin mek pɔsin gɛt kansa. so fa dɛn d�n f�nsh�n lɛk 400 "kansa ejen dɛm", we Cowdry se b�t: "In probabli less dan wan pasɛnt pan di kɛnsar dɛm we d�kta dɛn de fɛs na di aktual kansa, � k�mbaynsh�n f� kansa, we dɛn kin dɛtekt" (p. 390). Agens dis wi d�n si aw "n�mal' (unnatural) dɛyt bin promuot t�m�ro dɛm na 80 pan 100 kɛnsar-fri mays dɛm insay wan kes ɛn 150 pan 198 insay �da kes. Di pat pan di rɛstriksh�n f� da it de ridyus dɛn 150 t�m�ro dɛm to 38; di rɛshɔn we i bin de gi bin rili stɔp di frɛkuɛns fɔ kansa bitwin di wan ol neshɔn dɛn ɛn we dɛn tek di ples fɔ am wit natura l it bin de mek i nɔ gɛt kansa ɔltogɛda.Wan pɔsin kin dɔn tink se naw Kawdri go tek natura l it as di ansa to di prɔblɛm fɔ fɛt kansa ɛn i go stɔp fɔ west in tɛm pan fɔlt invɛstigeshɔn pan ɔl ɔda kansa.Bifo dat, i nɔ ivin rɛdi fɔ put di wan ol tin we de mek pɔsin gɛt kansa, we nɔ de it fayn, bitwin in ɔda tin dɛn we de mek pɔsin gɛt kansa.I kɔl am jɔs "modifying" factor ɛn i nɔ de rayt am bay argumɛnt dɛn we nɔ gɛt ɛni bɛ Bikɔs i stil kɔnfyus wit di we aw di bad bad sɛl dɛn de biev, i rayt (p. 43):

"I go klos fɔ se wan Aristɔtul, ɔ wan Darwin, if i." bin de wit wi tide, kin ebul fɔ put ɔl di tru tin dɛn togɛda as wi no dɛn bɔt kansa sɛl dɛn ɛn gi ɛksplen bɔt dɛn bad bad bihayvya. Sɔntɛm insay di ia dɛn we de kam dis go dɔn ɛn wi go wɔnda wetin mek wi bin de blayn fɔ lɔng tɛm. In di meantime, wi de mek halting progress lan smɔl ya ɛn de." Bɔt a beg fɔ pɔynt se nɔto Aristɔtul nid ya, ɔ Darwin. I inof fɔ mek Cowdry kɔmɔt na di kɔnfins fɔ in laboratori ɛn, fɔgɛt in ɛgzistens fɔ smɔl tɛm, fɔ dayrɛkt in yay to di

sta dɛn, di san, di mun, di tik dɛn ɛn di flawa dɛn, fɔ go insay dɛn maynd pan dɛn sikrit dɛn ɛn fɔ no aw di wan ol wɔl de rɔn ɔltɛm. Yu tink se ɛni sayɛnsman go ebul fɔ pwɛl da wɔl de ɛn bil in yon wɔl insay in ples? Sayɛnsman dɛn de pwɛl da wɔl de we de liv, da wɔl de we de muv ɛn prɛzɛnt mɔtalman wit wan wɔl we dɛn mek fɔ dɛnsɛf, wit dɛn bred, dɛn amino asid, dɛn atifishal vaytamɛn ɛn dɛn sɛntetik sɔl. I fayn fɔ no if afta we sayɛnsman dɛn dɔn rid dɛn layn ya, dɛn go stil put dɛn yon no pas di sɛns we di wɔl gɛt.

Fɔ go bifo, Cowdry enumɛret bɔku bɔku kes dɛm we di malignant tumor dɛn kin disappear bay dɛnsɛf ɛn dɔn i pul dɛn kɔnklushɔn ya (p. 545):

"1. Sɔm rili smɔl praymari kansa dɛn kin apin wan wan tɛm insay big wan." di n□mba dɛm na di brɛst, di pr□stat ɛn di uterus. Bɔrku pan dɛn tin ya nɔ de divɛlɔp, dɛn kin de ayd fɔ lɔng tɛm ɔ dɛn kin kam bak bay dɛnsɛf ɔltogɛda.

"2. di □ltɛraysh□n, we kin bi f□ s□m tɛm, na di sayz f□ di kɛnsar dɛm we dɛn divɛl□p fayn fayn wan, dɛn n□ kin si dɛm s□mtɛm. dis kin kam bay di oparesh□n f□ plɛnti tin dɛm we de afekt di v□lyum f□ di malign sɛl dɛm ɛn f□ di stroma."

"3. □ltɛraysh□n dɛm we dɛn n□ ɛksplen pan di kayn malign t□m□ro dɛm kin apin wan wan tɛm f□ n□ klia rizin."

"4. Bɔku ɛgzampul dɛn de we dɛn rayt bɔt di disappearance of." nyuroblastoma dɛn na pikin dɛn. insay s□m pan dɛm dis de k□rɛlat wit di pr□grɛsiv difrɛns f□ di malign sɛl dɛm f□ rizin dɛm we dɛn n□ no.

"5. F□ vɛrifik kes dɛm f□ di komplit rɛgrɛsh□n f□ kɛnsar dɛm gɛt." dɔn diskrayb we dɛn nɔ kin atribyut to di tritmɛnt we dɛn gi. i klia se s□m kayn malignant sɛl dɛm de insay ekstrim rare kes dɛm we dɛn de k□ntro bay fysiolojikal mɛkanism dɛm."

Wetin kin bi di kɔz fɔ di spontan regression of tumors, if nɔto sɔm fɔtuitous ɛn impreceptible chenj na di nutritional habits of di patient? Na wan we nɔmɔ kin de fɔ mek di wan dɛn we gɛt sakrifays

tritmɛnt fɔ kansa. Fɔs, dɛn fɔ pul di tumbu fɔ it tin dɛn we dɔn pwɛl, ɛn afta dat, i fɔ rili angri ɛn kil am bay we dɛn nɔ de it ivin di tin dɛn we dɛn kin it na di bɔdi te i smɔl. if nid de, n□mal sɛl dɛm, dɛn kin kip dɛm na stet we sɛmi angri f□ s□m tɛm. afta di t□m□ro d□n d□n dɛn kin izi f□ kam bak to dɛn f□s trɛnk bak.

Di Leba ɛn Ɛkspɛns fɔ Pripia Fɔd dɛn we Dɛn Kuk Na Natin nɔ de pas Sheer Waste

As wi dɔn si, di rial man de liv wit raw it nɔmɔ. Ɔl di it ɛn drink dɛn we dɛn kin kuk we dɛn kin it na di wɔl, kin lɔs we dɛn nɔ gɛt ɛni aim. Di mɔni we dɛn spɛn pan dɛn, na fɔ natin. Fɔs we yu si dis wɔd, yu go si am se yu nɔ go biliv, bɔt na di simpul trut, we a dɔn gɛt di pruf fɔ am bay mi yon ɛkspiriɛns.

Fɔs, wi bin tink se wi fɔ gɛt fɔ inkrisayz di intake of raw nutriment in di sem proportion as wi ridyus di konsumpshon of kuk fud, bot i no tu te wi rialize se wi mistek. Pan ɔl we insay di fɔs tɛm, dɛn bin rili want fɔ it natura l it dɛn fɔ mek dɛn ebul fɔ mek di bɔdi gɛt bak di tin dɛn we bin de lɔs ɔltɛm ɛn fɔ mek di ɔgan dɛn bak bay we dɛn de mek dɛn strɔng wit fresh kɔmplimɛnt dɛn we gɛt aktif sɛl dɛn, leta da dimand de bin de go dɔŋ ɔltɛm.

Wi bin sɔprayz bak fɔ di smɔl smɔl it dɛn we wi gyal pikin Anahit bin de it. In mama, bikɔs i bin de fred fɔ lɛ i nɔ it bɛtɛ, bin de fos am fɔ it mɔ, bɔt di pikin nɔ bin gri fɔ it am ɔltɛm. Smɔl smɔl, i bin kam klia to mi se frut ɛn siriɔs tin dɛn we de na di raw stet na rili kɔnsɛntret nyutrimɛnt dɛn we gɛt di ay kwaliti ɛn, dat mek, wan rili smɔl pan dɛn de fulɔp fɔ satisfay di nid dɛn fɔ wi ɔrganizm. Na dat mek dɛn nɔ fɔ ɛva fos pikin we de it raw fɔ it pas aw i want. I nɔto fayn fayn stori we wi yɛri se pɔsin de liv fɔ mɔnt dɛn we i de de wit am ɔ we i de it walnut ɛvride.
Pipul dɛn we de it we dɛn kuk kin ɛnjɔy dɛnsɛf pan plet dɛn we ful-ɔp wit it we dɛn kuk, bikɔs dɛn nɔ gɛt ɛnitin fɔ it insay di ful minin fɔ di wɔd.

Animal dɛn we de it gras dɛnsɛf kin it bɔku bɔku gras, bikɔs to bɔku bɔku gras dɛn na roughage; di rial nyutriɛnt dɛm we de insay de skata stet ɛn in rili s□m.

Dɛn animal dɛn de kin ɛmti dɛn bɔdi wit bɔku bɔku rɔf tin dɛn bɔku tɛm insay di de, bɔt di nɔmal wan we de it raw kin fil se i nid fɔ muv wan tɛm nɔmɔ insay di de. If yu flat pasmak, di frut we nɔ dɔn dayjɛst de na di fes ɛn di dimand fɔ go na stɔl pas wan tɛm insay di de na sayn fɔ se i de it pasmak, we di pɔsin we de it raw we gɛt kol at fɔ rili avɔyd. Di kwantiti fɔ frut we a kin it nɔ pas di wan we ɛnibɔdi we kin it kuk ɛn we lɛk frut kin it. To dis a kin ad wan pletful kɔn salad wan de, we de sav fɔ lɔk di nyutrishɔn gap we de insay ɔl di wan dɛn we de it kuk, bikɔs ɔf di insufficiency of natural foodstuffs. Insay dis simpul fare, no rum nɔ de, fɔ tru, fɔ ɔl di it dɛn we dɔn pwɛl we a bin de tek trade.

Wetin go bi di pikchɔ if di wan ol wɔl kam fɔ no wantɛm wantɛm ɛn tek di natura lɔ dɛn bɔt it? Ivin if di prodakshɔn fɔ frut bin de na di lɛvɛl we i de naw, afta dɛn alaw ɛnibɔdi fɔ gɛt wan plet ful wit vɛjitebul ɔ kɔn salad fɔ wan de ɛn so i satisfay di it we di wan ol wɔl want fɔ it, i go stil de as sɔpls we dɛn nɔ want ɔl di animal it dɛn, shuga, ti, kɔfi, kakao, drink dɛn we gɛt rɔm ɛn we nɔ gɛt rɔm, tabak, majarin, ɛn bak di bɔku pan di puls ɛn siriɔs tin dɛn we dɛn de it tide.

Lɛ wi si naw wetin kin apin, afta ɔl, to ɔl dis it we dɔn pwɛl we dɛn de it na di wɔl naw. Infakt, dɛn kin trowe am tri we dɛn.

1.Owing to dificiency in di kompliment f□ spɛshal sɛl dɛm, di rial man f□ t□lerɛt di prɛsɛns f□ wan s□m n□mba f□ parasayt sɛl dɛm we f□m fr□m it we dɛn kuk, f□ mek i mɛnten di minim□m b□lt pan in □gan dɛm ɛn sistɛm dɛm.

2.Na wan big big kwantiti of degenerated fud na di lay lay man de it.

3.I nɔ mata if di pɔsin gɛt wan bɔdi nɔmɔ ɔ if i na tu bɔdi dɛn we i jɔyn (as i sho bay in rili tin ɔ stɔt), di ridandant pat pan di it, we dɛn kin put insay di ɔrganizm bay we i gɛt adikshɔn ɛn we pas di asimilativ pawa we di sɛl dɛm de gi, i de j□s b□n ɛn k□m□t na di b□di tru difrɛn chɛnal dɛm. di kwantiti f□ it we dɛn west so k□m□p□s wan big pat pan di t□tal intake f□ it.

Di tin we de mek wi sɔri pas ɔl na di kwɛstyɔn na di tru tin we se di spɛshal sɛl dɛn de spɛn bɔku pan di ɛnaji we dɛn kin gɛt frɔm di natura l nyutrimɛnt dɛn fɔ brok di it dɛn we di lay lay man de it, fɔ absɔb dɛn insay di blɔd, fɔ mek shɔ se di wok fayn fayn wan di □gan dɛm we de k□l di b□di ɛn f□ drɛb di bad tin dɛm we di it dɛm we dɛn kuk kin du k□m□t na di b□di. Fɔ ɛgzampul, bikɔs di sɛl dɛn we de wok dɔn wok ɔl di de, dɛn gɛt rayt fɔ rɛst smɔl; bifo dat, dɛn fɔ tos na bed te di de brok so dat dɛn go pul di ɛkstra kalori dɛn we di lay lay man gridi fɔ put insay di bɔdi kɔmɔt na di ɔrganizm.

Trade, dɛn bin de gi mi fɔ it bɔku bɔku it ɛn fɔ gɛt adikshɔn to mit to wan spɛshal digri. Dis bin mek a nɔ bin ebul fɔ slip ɔl mi layf. A nɔ mɛmba se a bin ɛva slip bifo midulnɛt ɔ wan tɛm a bin wek ali fɔ si di san we de kɔmɔt. A bin de wek te tri ɔ 4 oklɔk na mɔnin ɛn grap et ɔ nayn wit ebi ed. Laki, afta a adopt raw-it mi inshɔmnia bin dɔnawe wit am ɔl, bɔt if a ɛva tray fɔ it big dina na ivintɛm, a fɔ de wek te di ples klin. Frɔm we i ol 2 ia, Anahit nɔ ɛva wek na nɛt.

Di vaytamɛn ɛn sɔl we de insay it dɛn we dɛn kuk na lay lay, day, nɔ balans ɛn i de ambɔg. Di it dɛn we dɛn kuk nɔto natin pas di bildin matirial dɛn we dɔn brok ɛn di rɔng fiul; Di yuslɛs sɛl dɛn we dɛn mek wit dɛn kayn bildin matirial dɛn de na lod we dɛn nɔ want pan di nɔmal sɛl dɛn. Di ɔt we dɛn kin gɛt frɔm da kayn fiul de kin pasmak ɛn i kin ambɔg pɔsin, ɛn di ɛnaji we dɛn kin gɛt frɔm am (motiv ɛnaji) nɔ impɔtant ɛn i nɔ gɛt wan valyu. Dis ɛnaji de mek di motoka dɛn na di faktri bigin fɔ muv ausayd di awa dɛn we dɛn de wok; i de fos di at fɔ wok w

distɔb di ɔda wan dɛn we di impɔtant mɛkanism dɛn na di wan ol faktri rili nid, i de taya dɛn insted ɛn west dɛn fɔ natin. We pɔsin nɔ ebul fɔ slip na wan ɛgzampul bɔt di bad tin dɛn we i kin du.

Wetin kin apin we dɔktɔ dɛn we nɔ gɛt advays de mek we fɔ mek dɛn nɔ fat pasmak? Dɛn plan fɔ mek dɛn nɔ de it ɔltin fɔ it ɛvride, bikɔs ɔf dat, dɛn list fɔ it tin dɛn we dɛn nɔ fɔ it, gɛt tin dɛn we impɔtant ɛn we gɛt bɔku tin fɔ it lɛk walnut, amɔnd, rɛsin, dɛt, fig, banana. In ɔda wɔd, dɛn kin ridyus di wet fɔ di pɔsin we dɛn de trit pan di prayz fɔ mek i wik ɛn wik mɔ, ɛn dis kin mek in wɛlbɔdi pwɛl bad bad wan. Insay dɛn kayn tin ya, we di lay lay man de ridyus di it dɛn we dɔn pwɛl, i jɔs de lɔs sɔm pan in fiul we nɔ impɔtant, bɔt we di nɔmal sɛl dɛn nɔ gɛt sɔm tin dɛn we rili impɔtant. So, i de fala se di lay lay man de kɔntinyu fɔ tinap tranga wan na in ples, ɛn di rial man de wik mɔ ɛn mɔ.

Wi mit wit wan ɛgzampul we rili ɛnjɔy fɔ di ifɛkt we restricted gɛt di it we dɛn de it we dɛn de stɔdi bɔt kansa. we i de t□k b□t dis k□wɛsh□n, Cowdry se: "I klia se di rɛduksh□n pan di brɛst kɛnsar insidɛns, we dɛn b□n bay di it rɛstriksh□n, k□nekt wit dɛkrɛs ovarian aktiviti insay mays" (op. cit. p. 398). Wetin wi want mɔ? So dɛn dɔn no wetin kin mek pɔsin gɛt kansa na in bɔdi. Naw i lɛf fɔ mek dɔktɔ dɛn stɔp ɔl di ovarian aktiviti na uman dɛn fɔ mek dɛn go sev dɛn ɔl frɔm kansa na di mama gland dɛn.

Bɔt fɔ tru, wan rili simpul ɛksplen de bɔt wetin rili de apin. Di LIMITƐSHƆN we yu nɔ de tink bɔt di kalori we yu de it gɛt tu kɔntrari ifɛkt pan di ɔrganizm. na wan say, di rɛstrikt f□ it dɛn f□ it dɛm we dɛn d□n d□n de mek kansa n□ f□m, we, na di □da say, di rɛd□ks f□ it nɛch□ral it dɛm de intafɛr di n□mal aktiviti f□ di ovaria dɛm.

Mɛdikal sayɛns ful-ɔp wit dɛn kayn bad bad tin dɛn ya we nɔ gri wit dɛnsɛf. We a s□m sik de dr□ to insɛf di harmful k□rant dɛm f□ it we n□ n□mal, di □ganism f□ di sikman de gɛt pat pan di imyuniti fr□m s□m □da sik. Fɔ ɛgzampul, pipul dɛn we gɛt dayabitis, .

arteriosclerosis ɛn sɔm sik dɛn we kin kam pan pɔsin nɔ kin gɛt kansa. Dɛn dɔn ivin du krayse ɛkspiriɛns fɔ put pipul dɛn ɔnda di inflɛns fɔ difrɛn baktri dɛm fɔ di alɛgd prɛvɛnshɔn fɔ kansa. Di sem tin kin apin pan smɔl smɔl we dɛn de gi di vaksin, we bay we dɛn de mek dɛn gɛt di kayn sik we nɔ at, dɛn kin protɛkt pikin dɛn frɔm siriɔs atak leta. Di tɛm we man dɛn disayd fɔ protɛkt dɛn pikin dɛn wɛlbɔdi bay di natura lɔ dɛn, dɛn kayn tin ya we nɔ de na di wɔl go bi tin we nɔ nid fɔ apin, pikin dɛn we nɔ du natin go fri frɔm di vaysin dɛn we de mek dɛn sɔfa ɛn di vaksin go pas insay istri.

Ekspiriɛns sho se wans dɛn dɔn kɔl di lay lay man insay egzistens, pat pan it rɛstriksh□n dɛm n□ ebul f□ chɛk in divɛl□pmɛnt. Ivin 10-15 pasɛnt we de pwɛl di it dɛn, na in go du fɔ mek i kɔntinyu fɔ liv. Di man we gɛt sɛns fɔ tek tɛm fɔ gi da monsta de wan gren fɔ it. A dɔn klia di jɔyn dɛn na mi fut ɔl di kɔnkreshɔn dɛn we gɛt gauti, bɔt if ɛni tɛm a gɛt chans fɔ it mit, afta sɔm awa we dɛn blo mi hama kin tɛl mi se yurik asid dɔn go insay di jɔyn dɛn na mi big fut finga dɛn. Bɔku tɛm, a bin de mek dɛn ɛkspiriɛns dɛn ya insay di fɔs ia dɛn we a bin de stɔdi bɔt raw-eating. I klia se di say dɛn we dɛn dɔn klin yurik asid stil ɛmti ɛn di we dɛn we de go to dɛn de opin big big wan. As soon as dɛn put smɔl mit insay di bɔdi, i kin chenj to yurik asid, we kin rɔsh fɔ tek di ples we i dɔn pik.

Di lay lay man in sɛl dɛn nɔ kin tɔn bak wit izi, sɛf. Dɛn de lay in ambush, af-af day, bɔt we de ɛkspɛkt. I nɔ tu te we wan it we dɔn pwɛl rich to dɛn, dɛn kin bigin fɔ gɛt layf bak ɛn bɔku. Di kɔntrol fɔ di bɔdi wet fɔ de ɔlsay to natura l it dɛn. Di pɔsin we se fɔ slim tumɔs nɔ fayn fɔ yu wɛlbɔdi, de tɔk se yu fɔ mɛn ɛn gi bɔku bɔku kilo sik ɛn parasayt sɛl dɛn fɔ mek yu bɔdi kɔntinyu fɔ gɛt bɔku bɔku bɔdi. Wan tɛm we dɛn kil di lay lay man, natura l it go, smɔl smɔl, inkrisayz di wet fɔ di rial man to di nɔmal standad we nature de aks fɔ.

Afta i dɔn pul dɛn yuslɛs bɔku bɔku bɔdi dɛn de, di man we bin dɔn lod in bɔdi wit 40-50 kilo sik sɛl dɛn trade ɛn we nɔ bin ebul fɔ klaym wan stɛp we sɔpɔt nɔ ɛp am, naw i go ebul fɔ rɔn go ɔp mawnten dɛn we i nɔ tɔn in ia. Dis kayn pɔsin nɔ fɔ ɛva wɔri bɔt di we aw i de lɔs in wet kwik kwik wan; bifo dat, i fɔ gladi fɔ am. Pɔsin we gɛt sɛns nɔ fɔ bia wit wan gren we nɔ gɛt yus na in bɔdi. Fɔ tɔk smɔl, ɔlman fɔ dɔn no se bay we i de put ɛni smɔl it we dɛn kuk insay in bɔdi, i de gi di lay lay man, in ɛnimi we nɔ de rigrɛt, in kil we nɔ gɛt sɔri-at; i de sɔpɔt ɔl di sik dɛn we dɛn no ɛn we dɛn nɔ no; i de mek di rod fɔ in yon day.

Insay di opinion fɔ pɔsin we de it kuk, pɔsin fɔ it fayn fɔ mek i gɛt gud wɛlbɔdi. Insay in yon we, ɛmti bɛlɛ min bɔdi we angri. I nɔ no se di man we ful-ɔp in bɛlɛ na rili sikman. I nɔ kin izi fɔ in bɛlɛ fɔ pul di it dɛn we nɔto in yon insay di rayt tɛm. Bɔt di pɔsin we de it raw in bɛlɛ kin ɛmti ɔltɛm ɔ ilɛk aw i bi, i so layt dat i nɔ kin fil se ɛnitin de de. I kin fil se in bɔdi ful-ɔp, bikɔs na de di it we i dɔn it kin transfa wantɛm wantɛm. Ivin it we pasmak nɔ de ledɔm na in bɛlɛ fɔ lɔng tɛm; i kin pas kwik kwik wan insay di intestinal dɛm ɛn if dɛn daygɛst ɔ we dɛn nɔ digɛst, i de kɔmɔt na di bɔdi we nɔ de mek di ɔganism bɔku bɔku bɔku wan.

So, no gas nɔ de ɛva kɔmɔt na di bɛlɛ fɔ wan raw-pɔsin we de it. If dɛn it bɔku it, gas dɛn kin kɔmɔt na di insay, bɔt dɛn kin want fɔ kɔmɔt na di bɔdi bay di nɔmal rod. Di pɔsin we de it raw kin si di difrɛns bitwin di tu sistɛm dɛn fɔ it fayn mɔ klia wan we i tray fɔ it gud dina afta sɔm mɔnt we i nɔ it di it. Na da tɛm de i kin wɔnda aw i bin fɔ dɔn ɛva drɛg dis kayn sik ɛn misɛf layf ɛn i bin dɔn si da bad bad layf de as nɔmal tin.

Di Mɛrɛsin fɔ di Wan we De Kuk-It na wan Entirely
Sayns we de mek mistek

As wi bin si, sik dɛn kin kam bay we di impɔtant raw matirial dɛn we de na di mɔtalman faktri de skata. So, wɛlbɔdi kin jɔs kam bak if dɛn tin dɛn de gɛt wanwɔd bak. Bɔt wetin na di men tin we mek dɛn de du ɔl di wok we dɛn de du tide we dɛn de stɔdi bɔt mɛrɛsin? Wetin na di rayt tin we dɔktɔ dɛn kin du? Dɛn kin tray fɔ natin fɔ mek da intɛgriti de kam bak bay we dɛn de yuz it dɛn we dɔn pwɛl, atifishal vaytamɛn dɛn, sɔl, ɔmon ɛn bɔku bɔku pɔyzin kɔnkɔkshɔn dɛn, ɛn di sem tɛm dɛn kin pul ɛn trowe wan ol gland ɛn ɔgan dɛn we dɔn pwɛl ɛn we nɔ ebul fɔ wok lɛk a rizulɛt f□ di disintegrɛsh□n f□ di nɛch□ral raw mɛtirial dɛm.

Ɔl mɔtalman de liv na say we bad bad wan nɔ no natin. Na di opinion fɔ pipul dɛn we de it kuk, di it we dɛn de it tin dɛn we dɛn kuk na sɔntin we rili natura, we fɔ it tin dɛn bay di lɔ dɛn we de na di wɔl na ɛkspiriɛns, ɛn na ɛkspiriɛns we denja. In rialiti, man dɛn dɔn pwɛl di PƐFƐKT BALƐNS we di nature dɔn mek we dɛn nɔ no, ɛn fɔ bɔku bɔku ia dɛn dɔn de mek SƐNSƐLƐS ƐKSPIRIMENTS bay we dɛn de yuz it dɛn we dɛn kuk, atifishal prɛparashɔn ɛn pɔyzin tin dɛn fɔ fɛn nyu balans, dɛn yon balans. Di tin dɛn we kin apin wantɛm wantɛm frɔm dɛn ɛkspiriɛns dɛn de na di bɔku bɔku sik dɛn we de na di wɔl tide.

We a kin invayt pipul dɛn fɔ adopt raw-eating, a nɔ kin prɔpos fɔ du nyu ɛkspiriɛns. Difrɛn frɔm dat, a de ɛnkɔrej dɛn FƆ STƆP PAN DI ABSUD ƐKSƐPIRIMENT DƐN WE DE GO ƆLTƐM ƐN FƆ GO BIT DI NACHƆR WE FƆ LIV.

So, if i nɔ gɛt kɔmɔn sɛns, di pɔsin we de rid nɔ fɔ wet fɔ mek ɔda pipul dɛn du da "nyu ɛkspiriɛns" de ɛn tɛl am bɔt di rizɔlt. I fɔ stɔp in denja ɛkspiriɛns dɛn wantɛm wantɛm ɛn tɔn to di nɔmal we fɔ liv.

Di las prodakt fɔ ɔl dɛn ɛkspiriɛns dɛn de, di masta wok dɛn fɔ man in risach laboratori, na di pils ɛn paoda dɛm we sayɛnsman dɛn want fɔ fid di wɔl wit, we di masta wok dɛm na nature in laboratory na di wit, di walnut ɛn di apul. Wi ɔl fɔ disayd fɔ du sɔntin bitwin dɛn tu tin ya. Ɔl di it dɛn we dɛn kuk na atifishal tin dɛn

dɛn nɔ gɛt dɛn kwaliti dɛn we dɛn gɛt. Dɛn gɛt bɔku tin dɛn fɔ it lɛk di vaytamɛn tablɛt dɛn ɛn tin dɛn we dɛn kin pul na it we dɛn kin advatayz bɔku bɔku wan.

Bɔku kayn tin dɛn de we gɛt layf, dɛn nɔ gɛt dɔktɔ, ɔ ɔspitul ɛn famasi, bɔt stil, pas di wan dɛn we mɔtalman de kia fɔ, dɛn de liv witout sik ɛn kɔmplit dɛn rayt layf we kɔrɛkt to dɛn bɔdi kɔnstityushɔn dɛn, we kin difrɛn frɔm sɔm dez to ɔndrɛd ia. Bikɔs in bɔdi pafɛkt, mɔtalman fɔ ɛnjɔy lɔng ɛn wɛlbɔdi layf pas ɛni ɔda tin we de na dis wɔl. Ivin if dɛn nɔ it ɔl di raw- it, sɔm tin dɛn de we dɛn rayt bɔt we se man dɛn kin ebul fɔ rich 150-180 ia, jɔs bay we dɛn de liv ɔnda kɔndishɔn usay dɛn nɔ de mek di it dɛn nɔ pwɛl bad bad wan. Di tru tin we se bɔku pipul dɛn nɔ de liv bɛtɛ layf na klia tin we de sho se sɔntin nɔ rayt wit di we aw dɛn de liv Animal dɛn kin it mɔ pan di grɔn lif ɛn stik dɛn na di plant dɛn. Mɔtalman gɛt, we i gɛt, di tin dɛn we fayn pas ɔl ɛn we gɛt bɔku bɔku tin dɛn fɔ it we gɛt di ay kwaliti we, we dɔn pas tru di lif ɛn stik dɛn, di trɔnk ɛn branch dɛn fɔ dɛn plant dɛn de, dɔn kam togɛda insay dɛn sid ɛn frut dɛn.

Di tɛm dɔn rich fɔ mek di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf gri se dɛn dɔn kɔmɔt biɛn di rayt rod ɛn dɛn de du dɛn investayshɔn na di rɔng say. Dɛn fɔ kɔnfɛs, pan ɔl dat, se i nɔ pɔsibul fɔ kɔmpɛns di lɔs dɛn we de na di natura l nyutritiv kɔnstituɛnt dɛn bay atifishal prɛparashɔn dɛn; dat pɔyzin nɔ gɛt di pawa fɔ mek di difrɛn ɔgan dɛn we dɔn pwɛl bak; dat wi ɔgan dɛm ɛn gland dɛm na pat dɛm we nɔ de kɔmɔt na wi bɔdi ɛn so dɛn nɔ fɔ kɔl dɛm ɔ pul dɛm. Tide, a de sho dɛn wan rili simpul ɛn izi we fɔ pul mɔtalman bɔdi frɔm ɔl di sik dɛn fayn fayn wan ɛn fɔ dɔn. NA FƆ DɛSTRUKT DI SɛL DɛN WE GɛT SIK ɛN WE NƆ DE YUZ NA DI BƆDI, WE DɛN KƆT DI SAPLAI FƆ FƆD WE NƆ NƆTƆR, ɛN WE DɛN RIPLɛS DɛN WITH HEALTH AND SPECALIZED SEL DɛN WE DɛN PRODƆKS FƆ NACHƆR NUTRIMENT DɛN. Fɔ mek dɛn rili biliv se mi agyumɛnt dɛn na tru, dɛn jɔs nid fɔ wok fɔ sɔm mɔnt.

Wetin fɔ bi di aim fɔ dɔktɔ ɛn bayolojist, if nɔto di fri fɔ mɔtalman frɔm sik? Raw-eating na di we fɔ rich da aim de.

Dɛn fɔ deklare wantɛm wantɛm if dɛn, infakt, want fɔ si a di wɔl nɔ gɛt sik. If dɛn ebul fɔ pruv se dɛn yon kɔlkyulɛshɔn kɔrɛkt pas di kɔlkyulɛshɔn we nature mek, ɛn se pipul dɛn we de it raw ɔlsay na di wɔl kin day pan sik instead fɔ gɛt wɛlbɔdi bak, a go ritaia wantɛm wantɛm frɔm di arena wit mi buk dɛn ɛn a go ritaia da tɛm de ol mi pis. If nɔto dat, fɔ tru, dɛn nɔ go ebul fɔ fos mɔtalman fɔ bia wit sik dɛn jɔs fɔ mek di ɔspitul ɛn famasi dɛn domɔt opin.

Dɛn fɔ mek pis wit di tink se frɔm naw di fɔ pripia it dɛn we dɛn kuk ɛn dɛn rɛkɛmɔndeshɔn dɛn go tek am as kraym agens mɔtalman as a ɔl, ɛn "tritmɛnt" bay we dɛn yuz pɔyzin as di majik we di kuk-it ej de du. Dɔktɔ dɛn we gɛt sɛns ɛn we gɛt sɛns go stɔp dɛn advays dɛn de wantɛm wantɛm ɛn invayt pipul dɛn fɔ put dɛnsɛf ɔnda di ɔdinans we di tin dɛn we Gɔd mek de du. Di dɔktɔ in an dɛn we gɛt spak fɔ kɔnshɛns we lɛf na in at fɔ shek shek we i de rayt di nem dɛn fɔ di tin dɛn we gɛt pɔyzin ɛn atifishal vaytamɛn dɛn, ɛn in lip dɛn fɔ shek shek we i de kɔl di nem dɛn fɔ it dɛn we dɛn dɔn kuk. Dɛn opareshɔn dɛn tan lɛk fɔ pas di day sɛnt to pipul dɛn we nɔ du natin. Mek ɔl mama ɛn papa dɛnsɛf no dis.

Sɔntɛm sɔm pan mi rida dɛn nɔ go lɛk di we aw a de rayt. Insay di dɛn opinion, mi ɛksprɛshɔn dɛn fɔ bɛtɛ fɔ bi mɔ sayɛns (dɛn adorn wit wan Latin tɛminɔlɔji we bɔku pipul dɛn nɔ ebul fɔ ɔndastand), mɔ kɔnsiliatɔri (kɔmpleys), mɔ siriɔs (hypocritical), mɔ kɔmprɔmis (unscrupulous), mɔ kɔrɛkt (lay) ɛn mɔ taktful (defeatist). Bɔt a kin lɛk fɔ bi pɔsin we de disayd fɔ du sɔntin, we de tɔk tru ɛn we gɛt maynd. Ɛn na so a go bi, ilɛksɛf a si di wan ol wɔl agens mi. A biliv se ɔl pipul dɛn we gɛt sɛns go sɔpɔt mi ɛn di jɛnɛreshɔn dɛn we gɛt fɔ kam, go sho se mi na tru.

We a tink bɔt di rɛkɛmɔndeshɔn fɔ chukchuk sup, di yolk fɔ di eg, fried liva ɔ styu frut to invalid, ɛn mɔ to smɔl pikin dɛn, na kriminal akt, a nɔ de mek slanderous akɔdin. Nɔ

a de sin agens di trut we a de tek as majik ɔl dɛn mɛrɛsin ɔpreshɔn dɛn we, instead fɔ klin di blɔd vesel dɛn fɔ di pɔsin we tinap na di domɔt fɔ day bay di ɛp we natura l it de gi, fɔ mek di mɔsul dɛn na in at strɔng ɛn gi am am nyu lis f� l�ng layf, dɛn de mek in vɛsɛl dɛm wayd bay p�yzin iritant dɛm, stimulate di f�nsh�n dɛm na di at bay "di lash dɛm f� di wip", dɛn de ridyus di kwantiti f� di b�di bay we dɛn de bl�d-lɛt � dɛgenerate ɛn dil�t am bay atifishal we. Bircher-Benner ɛn bɔku ɔda sayɛnsman dɛn we gɛt kɔnshɛns bak, dɔn tek dɛn kayn ɔpreshɔn ya lɛk majik, ful ɛn buf.

Fɔ tru, a nɔ gilti fɔ we a nɔ de du wetin rayt we, a abop pan mi pasɔnal, rili limited mins, a kin du bɔku pen invɛstigeshɔn ɛn afta dat, pan di bies fɔ di tin dɛn we a dɔn fɛn, a kin deklare se saytɔlɔjis dɛn gilti fɔ krayzi we dɛn fɔs bɔn tawzin nyutritiv tin dɛn we de insay natura it ɛn put di sɛl dɛn to ekstrim dɛjɛnɛreshɔn, ɛn afta dat dɛn west bɔku bɔku pɔblik mɔni fɔ natin de tray fɔ go bak to dɛn sɛl dɛn de ƆL DƐN MƐKANISM ƐN FƆNKSHƆN DƐN WE DƐN LƆS bay we dɛn fɛn wan WAN ATIFISHƆL SƆBSTƐNS.

Lɛ wi tek di dɔktɔ we a bin dɔn kɔmit mi tu fayn fayn pikin dɛn fɔ kia fɔ am as ɛgzampul. Fɔs, ɔnda di pretekst fɔ ɛp dɛn fɔ digest ɛn sɔpɔt dɛn trɛnk, i bin ban dɛn raw frut ɛn i bin rɛkɔmɛnd kɔmpɔt ɛn "nutritious meals" insted. Leta bɔt di ɔto-intoxications ɛn ɔto-infɛkshɔn we kɔmɔt frɔm dɛn rɛkɛmɔndeshɔn dɛn de as malaria, i bin prɛskrib dos dɛm we de mek pɔsin fred fɔ kinin ɛn, stil leta, bay we i yuz bɔku bɔku ɛgzamɛn ɛn ɛkspiriɛns, di wan we strɔng pas ɔl pan "diet" ɛn bɔku bɔku difrɛn drɔgs ɛn di mɔdan antibayɔtiks i bin mek di pikin dɛn nɔ gɛt dɛn las ɛnaji. Fɔ tru, da kayn dɔktɔ de bin gilti fɔ di KRAIM we MƆS ABOMINABLE, pan ɔl we i nɔ bin want fɔ du ɔltin. Naw, fɔ mek i nɔ go ripit di sem bad tin to ɔda pikin dɛn, wi fɔ briŋ in gilti kam na os to am ɛn mek i no se i gilti fɔ di kraym we rili bad. If di drɔgs dɛn we

mi pikin dem tek in 14 ia dem yus outright, wan ol ami go komplit annihilated.

Di pozishɔn na di sem mɔ ɔ smɔl tide. Insay dis tɛm we sayɛns de prɔgrɛs, a stil de si bɔku bɔku pikin dɛn we gɛt pallid, wik we dɛn mama dɛn kin yuz ɔl kayn ɛnkɔrejmɛnt ɛn trɛtin fɔ fos dɛn fɔ it rays, mit, eg, bred, ɔni, bɔta ɛn paste, pan ɔl we di sem tɛm dɛn kin strikt fɔ ban dɛn kɔkumba ɛn banana fɔ "bi indigestible", chɛri ɛn greps fɔ "kɔz dayarɛa", ɛn mɔlbɛri ɛn mɛlɔn fɔ "giv rizin fɔ fiva". Aw a go ebul fɔ bia wit indipɛndɛns dis bad bad tin we de apin?

Ɔlman no aw di we aw di mɔtalman ɔrganizm gɛt kɔmpleks. Wan gren kɔn gɛt di sem kɔmpleks strɔkchɔ. We wi mek i gro, i kin bi bɔdi we de wok ɛn we de go bifo ɛn we de liv ɛn blo lɛk mɔtalman, pas nɔmɔ i nɔ ebul fɔ tɔk ɛn waka. Di tawzin tin dɛm we impɔtant fɔ mek ɔl di big ɛn smɔl pat dɛm na wi bɔdi wok ɔltɛm, dɛn kin gɛda insay am insay di kwantiti we dɛn nid ɛn bay di mɔs prɛsis kɔlkyulɛshɔn. We wi tɔn di wit we gɛt layf to bred, wi kin pwɛl ɔl di tin dɛn we de insay de pas in ashis: di stach ɛn shuga we dɔn day. We di mama we gɛt gud minin imajin dɛn ashis dɛn de as rial tin fɔ it, i kin gi am to in pikin, bɔt i kin fred fɔ gi am di wit we gɛt layf.

Semweso, ɔl di it dɛn we dɛn kin kuk na di wɔl, we pipul dɛn we nɔ de si shɔt tɛm kin tek as gud it, nɔto natin pas difrɛn difrɛn ashis dɛn we gɛt smel ɛn we gɛt bɔku sizin. Di vaytamɛn ɛn slat dɛn we di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf dɔn fɛn insay dɛn, nɔto tin dɛn we nɔ gɛt layf ɛn we nɔ gɛt layf

As soon as di liv vegtebul sel kuk, i kin stɔp fɔ bi it; i de kɔmɔt na in natura l stet ɛn tɔn to sɔntin we dɛn mek. We mama gi in smɔl pikin in fɔs bred, dray milk ɔ sɔm ɔda tin dɛn we i kuk, i kin bigin fɔ yuz dɛn atifishal tin dɛn de fɔ du di ɛkspiriɛns dɛn we nɔ gɛt sɔri-at ɛn we nɔ gɛt wanwɔd pan in pikin.

Di men mistek we mɛdikal sayɛns de mek na bikɔs i nɔ de si tin bɛtɛ igen. Ivin wan bigman pan saytɔlɔjis lɛk aw Cowdry de tink bɔt

liv ɛn pafɛkt it dɛm lɛk wit, sid ɛn frut fɔ bi "rather uniform and simple diets of local origin". Difrɛn frɔm dat, i de tek di kɔlɔ hip dɛn we gɛt ashis we mɔtalman de it as "big difrɛn it dɛn we dɛn gɛda frɔm bɔku say dɛn na di wɔl" (op. cit. p. 220), ɛn i de op se wan Aristɔtul go kam sho am di rial difrɛns bitwin di tu.

Pan ɔl we a de chalenj di prɛsɛn sistɛm fɔ tritmɛnt, a de chalenj am bad bad wan nɔ fɔ bia fɔ et ɛnibɔdi. A jɔs de ɛnjɔy dip filin fɔ sɔri fɔ ɔl man ɛn uman dɛn we nɔ gɛt ɛksɛpshɔn, bikɔs dɛn dɔn de du dɛn kraym dɛn de agens dɛn yon pɔsin, agens dɛn rileshɔnship ɛn agens mɔtalman we dɛn nɔ no ɛn we dɛn nɔ tink bɔt. Bɔt di wan dɛn we de kɔntinyu fɔ mek mistek afta dɛn dɔn rid dɛn layn ya, ɔl mɔtalman we gɛt sɛns go kɔndɛm dɛn.

Di tɛm dɔn kam naw we di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf fɔ pik wan pan di... tu rod dɛn we opin fɔ dɛn. Ɔ dɛn fɔ gri wit di sɛns we di tin dɛn we Gɔd mek we nɔ gɛt mistek ɛn fri mɔtalman frɔm ɔl di sɔfa we i de sɔfa wan tɛm ɔ, we dɛn nɔ pe atɛnshɔn to di lɔ dɛn we Gɔd mek ɛn abop pan dɛn yon jɔjmɛnt nɔmɔ, dɛn fɔ tek wayt bred as sɔntin we bɛtɛ pas di wit we gɛt layf, we dɛn tink se na di atifishal wit i bɛtɛ pas di nɛch□ral, ɛn de kɔntinyu f□ du dɛn harmful ɛkspɛriɛns dɛm lɛk bifo. Wetin di rizɔlt go bi da tɛm de? Lɛ wi se di kayn we aw tin de apin naw bin kɔntinyu fɔ sɔm ɔda jɛnɛreshɔn dɛn, ɛn insay da tɛm de di kwantiti fɔ drɔgs bin rili dubl; di nɔmba fɔ di atifishal vaytamɛn dɛn bin go ɔp 4 tɛm, dɛn bin chenj ɔl os to ɔspitul ɛn ɔlman bin bi dɔktɔ. Wetin wi fɔ gɛt frɔm ɔl dis, we dɔktɔ dɛnsɛf kin day pan sik pas ɛni ɔda klas ɛn jɔs day bifo ɔlman?

Di wan ol rispɔnsibiliti fɔ misguiding di wɔl de pan di... di lida spɛshal pipul dɛm: di risach bayolojist dɛm ɛn di prɔfɛsɔ dɛm fɔ mɛrɛsin. Wi nɔ fɔ blem ɔdinari dɔktɔ dɛn, bikɔs dɛn jɔs de yuz wetin dɛn ticha dɛn dɔn tich dɛn. Dɛn nɔ kin ɛva gi ɛni injinia fɔ kia fɔ faktri bifo dɛn no ɔl di tin dɛn we dɛn de du fɔ mek faktri. Fɔ tru, i nɔ pɔsibul fɔ ful wan grup fɔ pipul dɛn wit sɔm ɛlimɛntri skrap dɛn fɔ

no, fansiful kɔnjɛkshɔn, hypothetical assumptions ɛn contradictory theories, ɛn afta dat gi dɛn kɔmplit fridɔm fɔ ple wit di layf fɔ dɛn kɔmpin man dɛn bay we dɛn de yuz tawzin pɔyzin, torturous instruments ɛn capricious orders, ɛn ɔl dis witout ɛni let ɔ hindrance. Lɛ wi tek am fɔ smɔl tɛm se ɔl di buk dɛn we de na di wɔl fɔ mɛn pipul dɛn ɛn di wan dɛn we de stɔdi bɔt mɛrɛsin kɔrɛkt. Dɔn; fɔ mek i ebul fɔ mɛmba dɛn wan dɔktɔ go nid fɔ gɛt wan duzin layf ɛn ivin da tɛm de i nɔ go ebul fɔ ɔndastand wan tawzin pat pan di bɔku bɔku tin dɛn we de apin na di mɔtalman bɔdi.

If pɔsin we gɛt sik we nɔ de mɛn fɔ go to wan ɔndrɛd dɔktɔ dɛn, i go gɛt wan ɔndrɛd difrɛn prɛskrishɔn ɛn advays dɛn. Fɔ dɔktɔ dɛn jɔs de mek ɛkspiriɛns ɛn mɔs kulpabl ɛkspiriɛns dɛn na dat. As Di wan dɛn we de tɔn dɛf yes naw to dɛn trut ya we de sho klia wan, nɔ go ebul fɔ shek rispɔnsibiliti kɔmɔt na dɛn sholda tumara. We di pikin dɛm tide gro insay di tɛm ɛn si se dɛn nɔ gɛt bɛtɛ wɛlbɔdi ɛn dɛn dɔn ful-ɔp wit adikshɔn, dɛn go kɔl ɔl di biyolojist dɛm, di lida dɛm na di wɔl ɛn dɛn yon mama ɛn papa fɔ akɔn, ɛn dɛn go aks fɔ no us step dɛn bin tek we dɛn rid dɛn wɔnin ya. Yu tink se dɛn bin stil de tink se dɛn sɛns pas di tin dɛn we Gɔd mek?

If dɛn nɔ tink so, dɛn fɔ stɔp wantɛm wantɛm fɔ pwɛl di tin dɛn we dɛn kin it na di wɔl. Dis na di strɔng kɔmand fɔ Nature, we nɔ de admit ɛni kɔmprɔmis. Na di lɔ fɔ di wan ol yunivas.

Bɔt tide, mɔtalman de liv ɔnda di kɔmplit swɛ we dɛbul dɛn dɔn chenj dis wɔl to ɛl. Dɛn dɛbul dɛn de, we dɔn wɛr di mask fɔ fayn fayn titi dɛn, dɔn sidɔm na di dina tebul dɛn ɛn na mɔtalman in dish dɛn; dɛn dɔn sofa na in fes ɛn na in chin, na in an ɛn na in leg, na in nɛk ɛn na in sholda, ɛn frɔm di say dɛn we dɛn de si, dɛn de laf in sɛns wit impudently. Dɛn dɔn go insay in bɔdi ɛn lod dɛnsɛf insay in at ɛn sol.

Di "siviliz" man tide de provok di aydɔl wɔship we bin dɔn pas, bɔt i nɔ no se in na aydɔl wɔs fa fawe pas di aydɔl wɔship dɛn we bin de trade. Trade trade, man dɛn bin de mek difrɛn difrɛn animal dɛn pikchɔ dɛn ɛn wɔship dɛn; tide dɛn de kil dɛn animal dɛn de ɛn wɔship dɛn bɔdi we dɔn rɔtin.

Di "civilized" man of tide no fit pikchur di savagery we di wan ol wɔl de liv na di tɛm we wi de naw. Di "delicate" ɛn "tenderhearted" uman, we kin rili faint we i si sɔm drop blɔd na pikin in fes, kin put kol at na di tebul di blɔd at, liva ɔ brɔst fɔ ship pikin ɛn kɔt am insay ɔl di indipɛndɛns, we nɔ de tink fɔ smɔl tɛm se na wan awa nɔmɔ bifo di po krichɔ ful-ɔp wit layf ɛn trɛnk. If i bin dɔn si, frɔm we i smɔl, we dɛn de kil pikin wit di wan fɔ kɔk ɔ ship, i go tek di nɛf wit ikwal indipɛndɛns ɛn, witout ɛni dawt, togɛda wit di ship in at, i go kɔt am di at fɔ da pikin de, kuk ɛn it. Di wangren difrɛns de na di tru se in yay dɔn yus to di wan, bɔt nɔto to di ɔda wan, ɔdasay i nɔ bin fɔ sɔprayz we i si mɔtalman bɔdi we gɛt blɔd we dɛn hang na di bɔsa dɛn shɔp, nia di kaw dɛn bɔdi ɛn ship dɛn.

Mɔtalman we De Naw Fa Fɔ Bi Sivilizayshɔn

So lɔng as mɔtalman kɔntinyu fɔ it tin dɛn we dɛn dɔn kuk, nɔbɔdi nɔ go ebul fɔ gɛt rial pis ɔ pis we go de sote go na di Wɔl. Na kuk it we de bɔn ɔl di wɔ ɛn massacre na di wɔl.

Na kuk it we de bɔn wikɛd lida ɛn denja dikteta dɛn lɛk Hitler, Lenin, Stalin ɛn ɔda wan dɛn ɔ kruk kriminal dɛn lɛk Abdul Hamid ɛn Talaat ɛn dɛn pipul dɛn we de fala dɛn, we kil wan af pan di pisful pipul dɛn na Aminia ɛn drɛb di ɔda wan af pan dɛn ol kɔntri, usay dɛn bin dɔn liv fɔ tawzin ia, de tif ɛn tif dɛn fam tul dɛn, dɛn os dɛn ɛn dɛn

gadin dɛm, dɛn mawnten dɛm ɛn dɛn vali dɛm, ɛn afta dat dɛn nɔ shem fɔ parade bifo di wan ol "siviliz" wɔl in yay wit kɔmplit pɔnishmɛnt.

Pan ɔl we dɛn de kɔntinyu fɔ mek kɔn, bɔku bɔku tin dɛn stil de we dɛn nɔ de it ɔlsay na di wɔl.

Tri rizin de fɔ dis strenj paradoks: Fɔs, bay we wi de tɔn ɔl mil bred to wayt bred ɔlsay, wi de pul in las tin dɛn we lɛf pan in nyutrishɔn valyu. Dɔn, bay di ɛp we atifishal fɛtilayzeshɔn de ɛp wi de rayz di kwantiti fɔ di prodɔkt pan di ɛkspɛns fɔ in kwaliti. Fɔ dɔn, di lay lay man dɔn de gro so kwik dat di bɔku bɔku tin dɛn we dɛn de mek fɔ it nɔ ebul fɔ fala di pipul dɛn we dɛn want.

Ɛn dɛn de yuz bɔku pan di land dɛn we dɛn kin plant fɔ fid di layfstoŋ animal dɛn we de na di mit ɛn dairy industri dɛn.

Fɔs, i nɔ kin izi fɔ mek man dɛn tink bɔt di bɔku bɔku bɛnifit dɛn we mɔtalman go gɛt we dɛn it raw.

Klosap wantɛm wantɛm, ɔl di sik dɛn go dɔnawe wit am sote go, ɛn ɔl di tin dɛn we dɛn ad ɛn kraym dɛn go dɔnawe wit di wɔl.

Na di sem tɛm di tin dɛn we dɛn de op fɔ gɛt layf go go ɔp tu ɔ tri tɛm ɛn i go gɛt fɔ go bifo pan ikɔnomi we go mek mɔtalman ebul fɔ rich fɔ bɔku bɔku ia, if di we aw tin de apin naw kɔntinyu.

Dɛn asɛsmɛnt ya na tru tin ɛn nɔto lay lay stori, ɛn, wetin pas dat, dɛn kin gɛt ɔl dɛn bɛnifit dɛn de insay wan rili simpul we. Ɔl wetin wi fɔ du na fɔ rɛspɛkt di lɔ dɛn we impɔtant pas ɔl na di wɔl ɛn fɔ mek dɛn nɔ pwɛl di wit we gɛt layf ɛn we impɔtant pas ɔl. If pɔsin bin gɛt di mental perspicacity fɔ go insay ɛn no di difrɛns bitwin di wit we gɛt layf, we de wok ɛn di bred we dɛn dɔn bɔn, i go izi fɔ no di difrɛns bitwin di ɔrganizm we pɔsin we de it raw ɛn di wan we pɔsin we dɔn kuk gɛt.

pɔsin we de it.

Lɛ wi luk naw di we aw di wan dɛn we de rul naw na di... di wɔl ɛn ɔda ɔtoriti dɛn we gɛt fɔ du wit dɛn impɔtant prɔblɛm dɛn ya. Di lɛta dɛn we dɛn gɛt frɔm dɛn sho se dɛn dɔn rid mi fɔs buk wit intres ɛn dɛn si se dɛn ɔl de sɔri fɔ di we aw a de si tin. A nɔ yɛri wan vɔys we nɔ gri wit dɛnsɛf frɔm ɛni say. Bɔt dis nɔ go du fɔ am. Mi buk nɔto intrestin novel fɔ rid wan tɛm ɛn put am na sayd. Na wan volyum we dɛn tɔk bɔt di prɔblɛm dɛn we rili impɔtant ɛn we kin apin kwik kwik wan na wi wɔl. Dɛn fɔ de rid am bak ɛn bak, ɛn dɛn fɔ tek tɛm wej ɛni sɛntɛns we de insay am ɛn tink bɔt am fɔ lɔng lɔng tɛm.

I go bi mistek if dɛn rula dɛn na di wɔl de trit raw-it lɛk jɔs wan mɔ rutin kwɛstyɔn ɛn, lɛk ɔl dɛn ɔda pɔlitikal ɛn ikɔmik prɔblɛm dɛn, dɛn sɛn am to "ɛkspɛkt dɛn" fɔ mek dɛn stɔdi am mɔ ɛn tink bɔt am. Fɔ lɔng lɔng tɛm naw, dɛn dɔn de tray fɔ du bɔku tin dɛn ɛn stɔdi dɛn, bɔt dɛn ɔl dɔn fel bad bad wan. Tide, na di wok we di ɔtoriti dɛn fɔ du wantɛm wantɛm fɔ dayrɛkt pipul dɛn FƆ PUT ƐND TO DƐN DƐSTRUKTIV ƐKSPIRIMENT DƐN ƐN FƆ GO BƆT DƐN NƆMAL WE FƆ LAYF. Tide, ɔlman we gɛt sɛns na pɔsin we sabi fɔ no di difrɛns bitwin di tin dɛn we natin nɔ de du ɛn di tin dɛn we nɔ de na di wɔl, di tin dɛn we gɛt layf ɛn di it dɛn we nɔ gɛt layf wit dɛn atifishal, dɔti tin dɛn.

Di pɔsin we de rul oba bɔku bɔku pipul dɛn, nɔ ebul fɔ rili izi rul wan pɔsin, in yon pɔsin.

Na tu rizin nɔmɔ kin de fɔ nɔ gri wit di prinsipul dɛn fɔ it raw: nɔ gɛt kɔmɔn sɛns ɛn nɔ gɛt pawa fɔ du sɔntin. No tɔd rizin nɔ go de. Ɔl di ɔda "rizin" na jɔs pretekst we dɛn advans fɔ kɔba dɛn tu shɔtkɔm dɛn de. Pipul dɛn we de rɛspɛkt dɛnsɛf we de na pozishɔn we gɛt rɛspɔnsibiliti nɔ fɔ mek ɛnibɔdi tink se dɛn nɔ gɛt maynd ɛn dɛn nɔ gɛt gud abit dɛn.

Di wan dɛn we dɔn de praktis fɔ it raw-eating kɔmplit wan fɔ tu ɔ tri mɔnt nɔ go ɛva gri fɔ go bak to di abnɔmal we aw dɛn bin de liv trade, ilɛksɛf dɛn kɛr dɛn go na di fut fɔ di skɔf. Di man we de kia fɔ in pɔsin ɛn valyu in wɛlbɔdi ɛn wɛlbɔdi

pikin dɛm go mek da "ɛkspɛriɛns" de fɔ tu ɔ tri mɔnt we dɛn nɔ de shem fɔ sɔm tɛm. Dɛn lida dɛn we intres pan di gladi at ɛn wɛlbɔdi fɔ dɛn pipul dɛn (if ɛni wan de) fɔ mek di rod fɔ mek ɔl mɔtalman go bifo bay dɛn yon pasɔnal ɛgzampul. Dis go bi di savis we dɛn go yuz pas ɔl ɛn we go mek dɛn gɛt gud savis fɔ mɔtalman.

I nɔ de ɛgzajarayt fɔ se it dɛn we dɛn kuk, bikɔs nɔto natin ɛn... atifishal tin dɛm, nɔ de gi wan gren fɔ it fɔ wi spɛshal sɛl dɛm. Pantap dat, di spɛns ɛn trɔbul we dɛn de spɛn fɔ gi dɛn nɔto jɔs fɔ west dissipeshɔn, bɔt na di we fɔ pwɛl mɔtalman ɔgan dɛn kpatakpata ɛn fɔ tru, mɔtalman insɛf. Di ɛkspiriɛns we dɛn gɛt insay di fɔs mɔnt dɛn we dɛn de it raw-it go sho klia wan se ɔlman na di tru tin bɔt dɛn tin ya. I fayn fɔ tink bɔt dis kwɛstyɔn fɔ sɔm tɛm.

Insay di las sɔm ia bɔku bɔku infɔmeshɔn dɔn dɔn gɛt am frɔm ɔl di kɔna dɛn na di wɔl pan di sakrifays dɛn we dɛn dɔn gɛt bay we dɛn it raw. Dis infɔmeshɔn sho se bɔku bɔku pipul dɛn de we biliv se dɛn de it raw-it ɛn skata ɔlsay na di wɔl, bɔku pan dɛn dɔn wɛl frɔm siriɔs sik dɛn ɛn naw dɛn de liv layf we gɛt gladi at pas ɔlman. Dɛn pipul ya nɔto masta sabi bukman dɛn ɛn nɔto sayɛnsman dɛn; dɛn na jɔs man dɛn we lan buk ɛn we gɛt kɔlchɔ ɛn we dɔn ebul fɔ ɔndastand di prinsipul dɛn bɔt raw-it bay dɛn yon sɛns ɛn jɔjmɛnt, ɛn dɛn dɔn gɛt maynd fɔ disayd fɔ du di tin we dɛn nid.

Bɔt i sɔri fɔ no se di we aw mi buk ɛn magazin dɛn de skata dɔn mit wit bɔku siriɔs prɔblɛm dɛn. I klia se i pas di pawa we wan pɔsin gɛt fɔ sheb bɔku bɔku fri buk dɛn ɔlsay na di wɔl. A bin mek aplikeshɔn to bɔku pɔblisha dɛn na Ingland ɛn Amɛrika, ɛn a bin invayt dɛn fɔ pablish mi fɔs Inglish buk bak na dɛn kɔntri. Dɛn ɔl bin gri se di buk intrestin ɛn i bin yusful, bɔt dɛn bin tɔk se dɛn rili fil bad we i nɔ bin de insay di say we dɛn buk dɛn de. Dis bin rili ɔndastand, bikɔs in pɔblikeshɔn bin fɔ dɔn sho se ɔl dɛn ɔda "dietetic" buk dɛn dɔn dɔn, bikɔs nɔbɔdi we sabi di prinsipul dɛn fɔ it raw-it go dɔn

dɔn pe atɛnshɔn to dɛn smɔl. Di pipul dɛn tide nɔ ebul fɔ si pas wetin dɛn want.

A de apil to ɔl sosayti dɛm, ɔganayzeshɔn dɛm we de ɛp pipul dɛm, pipul dɛm we de ɛp pipul dɛm we gɛt gud at ɛn pipul dɛm we de ɛp pipul dɛm we gɛt pɔblik spirit ɔlsay na di wɔl fɔ dɛn fayn ɛp. Mek dɛn gi mi ɔl di ɛp we dɛn ebul fɔ sheb mi buk ɛn magazin dɛn. Dɛn kin ɔda twɛnti, fifti ɔ ɔndrɛd kɔpi fɔ mi buk dɛn ɛn sheb dɛn bay dɛn yon sɛns, bay we dɛn sɛl dɛn ɔ gi dɛn fri. Ɛvri buk kin sev layf, mɛn pipul dɛn frɔm wan siriɔs sik ɔ opin di op fɔ gladi fiuja fɔ pikin dɛn. Na di tɛm naw, no aktiviti nɔ de we gɛt big valyu fɔ umanitarian pas dat.

If a bin dɔn gɛt di bɛnifit fɔ dis kayn buk 15 ia bifo dis tɛm, tide na mi tu dia pikin dɛn go de alayv. Bɔt if mi maynd nɔ bin dɔn gɛt layt lɛk 10 ia so bifo dis tɛm, misɛf nɔ fɔ de liv naw.
Ɔl di pipul dɛn na di wɔl de na di sem kɔndishɔn dis sem tɛm ɛn dɛn rili nid wi ɛp. I nid fɔ mek dɛn no di kɔrɛkt prinsipul dɛn bɔt it kwik kwik wan.

Tide, a de si wit mi yon yay aw sɔm bɔdi dɛn de spɛn bɔku bɔku mɔni fɔ mek dɛn go sheb flawa we dɛn dɔn rifin, shuga, dray milk ɛn mit we dɛn dɔn kip to di po pipul dɛn. We dɛn de sheb dɛn kayn it dɛn ya we nɔto natin ɛn we dɔn pwɛl bad bad wan to pipul dɛn, dɛn nɔ no se dɛn de du bad bad tin ɛn dɛn de pwɛl di lɔ dɛn we de na di wɔl. Dɛn go de du di mɔs pious akt, if dɛn opin di yay fɔ dɛn ɔnaful pipul dɛn de ɛn tich dɛn aw fɔ bi raw-vegan.

Fɔ ɔl di wan dɛn we gɛt adikshɔn to it, blak na wayt ɛn wayt na blak. Wan tɛm bin de we dɛn bin de tink se di wɔl nɔ de muv, we di san ɛn di sta dɛn de go rawnd am. If ɛnibɔdi sho se i biliv se i nɔ biliv, pipul dɛn we nɔ de si shɔt kin tek am as madman, bikɔs to dɛn yon yay di Wɔl bin tayt wan na in ples, we di san de muf krɔs di skay.

Na di sem kayn we aw pipul dɛn de tink tide. i tan lɛk se man de fil pan in □wn b□di se di k□kumba de "harm" am, we di wayt bred we d□bl kuk ɛn polish rays, we i izi f□ daygɛst, de "rɛgul" di wok dɛm we di bɛlɛ de du. Bɔt i nɔ no se, fɔ tru, na di we aw dɛn de yuz dɛn bred ɛn rays dɛn de na in rili mek in bɛlɛ wik; akchuali kukumba na di it we go mɛn am insay di lɔng tɛm.

Tide, ɔl mɔtalman biliv se jɔs lɛk aw pɔsin it a f□ plet dɛm f□ "nutritious" it we i angri, i de satisfay di rɛgulɛr rikwaymɛnt dɛm f□ in □ganism. Bɔt pipul dɛn nɔ no se di nɔmal sɛl dɛn na da pɔsin de nɔ de tek wan gren fɔ it frɔm dɛn tin dɛn de we dɔn day ɛn we dɛn mek, ɛn pan ɔl we di bɛlɛ ful-ɔp, dɛn kin stil angri bad bad wan.

Tide, ɔl mɔtalman biliv se fɔ mek pɔsin liv wɛlbɔdi layf, i fɔ de gayd am bay di difrɛn sayɛns kɔlkyulɛshɔn dɛm fɔ di nyutritiv valyu dɛm fɔ di prɔtin, vaytamɛn ɛn minral dɛm, we dɛn kin gɛt na risach lɛbɔraytri dɛm. Dɛn nɔ kin no se bɔku pan di kɔlkyulɛshɔn dɛn na infakt lay lay tin dɛn ɛn we de ambɔg di tru pikchɔ.

Tide, we pɔsin sik, i kin biliv se ɔl wetin i gɛt fɔ du fɔ mek i go mɛn insɛf na fɔ fɛn wan patikyula pɔyzin we dɛn kɔl drɔg. Na dat mek i bigin fɔ luk fɔ da tin de we de mek wɔndaful tin wantɛm wantɛm. Bɔt i nɔ no se drɔg tɛrapi na di majik we dis ej fɔ it kuk ɛn no pɔyzin nɔ go ɛva ebul fɔ du ɛni yusful wok. I nɔ no bak se ɔl sik dɛn de bikɔs ɔf tu tin dɛn nɔmɔ: di nɔmal sɛl dɛn we de kɔntinyu fɔ angri bikɔs dɛn nɔ gɛt natura l it, ɛn di bad tin dɛn we tin dɛn we nɔto natura, we dɛn kuk ɛn ɔda tin dɛn we gɛt pɔyzin kin du; no tɔd kɔz nɔ de. So, na wan we we mek sɛns de fɔ fri wisɛf frɔm ɔl sik dɛn wans fɔ ɔltɛm. Wi fɔ avɔyd fɔ it tin dɛn we nɔto natura l it ɛn drɔgs, ɛn satisfay di nid fɔ wi sɛl dɛn bay natura l it (raw veganism) nɔmɔ.

Drugs, we pipul dɛn kin tek as we fɔ mɛn sik dɛn, na dɛn, fɔ tru, dɛnsɛf kin mek pipul dɛn gɛt sik. Jɛnɛral wan, i

na wan bad bad ɛn bad bad mistek fɔ fɛn ɛni prɔpati we de mɛn am na wan sɛntetik sɔbstans ɔ insay wan wan it. Bɔt stil, na dis mistek we mɔtalman dɔn de mek fɔ lɔng lɔng tɛm. Nɔbɔdi nɔ de we de mɛn pɔsin na dis wɔl; na di spɛshal tin dɛn nɔmɔ de we de mek pɔsin gɛt sik, we dɛn pul ɔl di sik dɛn go dɔn ɔtomɛtik wan. Dɛn tin ya na it we dɛn kuk ɛn di pɔyzin dɛn we dɛn nɔ gi di rayt nem mɛrɛsin.

Di man tide rili proud fɔ in sivilizayshɔn, bɔt i fa frɔm fɔ rili sivilizayshɔn. Rial sivilizayshɔn nɔ fɔ jɔs mɛzhɔ bay di tɛknikal prɔgrɛs, bɔt bay DI ENOBLEMENT ƆF DI MAYND ƐN SUL FƆ DI PƆSIN, DI KONKWƐST ƆF VAYS ƐN ADIKSHƆN, ƐN DI EMANCIPATION OF DI HUMAN INTELLECT FROM SUPERSTITIONS. Fɔ mek di man we de tide go satisfay di tin dɛn we i nɔ want fɔ it, i de bɔn 80 pasɛnt pan di klin tin dɛn we i de it na faya ɛn i de pwɛl insɛf bay we i de mek sik dɛn we dɛn mek wit mɔtalman an. Fɔ mek dɛn go satisfay dɛn yon selfishness ɛn prawd, di rula dɛn na di neshɔn dɛn kin plant di sid dɛn fɔ et ɛn ɛnimi bitwin di pipul dɛn na di wɔl ɛn kil dɛnsɛf.

Ivin di wan dɛn we de ripresent sayɛns, we de dismis ɔl di filin fɔ sɔri ɛn mɔtalman, nɔ de tek tɛm yuz di oli nem fɔ sayɛns fɔ go bifo pan dɛn yon niggardly intres ɛn we dɛn de du dat, dɛn de tif pipul dɛn di we we nɔ gɛt sɔri-at.

Wan pan di pruf dɛn we rili wɔndaful fɔ sho se dɛn nɔ no natin ɛn dɛn de biɛn di "civilized" man of tide na in we fɔ du di kwɛshɔn bɔt kansa. Fɔ lɔng tɛm naw, i dɔn de luk fɔ di tin dɛn we kin mek dis kayn bad bad tin apin ɛn aw fɔ mɛn am pan sɔm patikyula kemikal dɛn, ɛn i stil de kɔntinyu fɔ tray fɔ du dat we nɔ gɛt sɛns.

Insay dis kɔnekshɔn, a bin gi mi pruf dɛn we a nɔ go ebul fɔ stɔp to bɔku bigman dɛn na di wɔl 4 ia bifo dis tɛm. Tide, a de sɛn dɛn pruf dɛn de bak, insay wan we we gɛt mɔ ditayli ɛn amplifyed, we bɔku kɔnkrit ɛgzampul dɛn de sho. Wetin mek di difrɛn ministri dɛn fɔ wɛlbɔdi biznɛs ɛn ɔda pipul dɛn we gɛt fɔ du wit di wok kin tinap so fa ɛn nɔ bisin bɔt dɛn? Wetin mek pipul dɛn kin kɔntinyu fɔ pwɛl di tin dɛn we dɛn kin it na di wɔl we kin mek dɛn fred? Wetin

kɔntinyu fɔ ful-ɔp dɛn buk, nyuspepa ɛn jɔnal wit tin dɛn we nɔ gri wit wetin dɛn tɔk ɛn we de ambɔg dɛn bɔt lay lay vaytamɛn ɛn patikyula it dɛn?
Usay mɔtalman kɔnshɛns ɛn gudnɛs de? Usay di tin we dɛn kɔl sivilizayshɔn de?

Mek di wan dɛn we de kɔntinyu fɔ tɔk bɔt sivilizayshɔn pruv dat dɛnsɛf sivilizayt fɔ ɔndastand di mɔs ɛlimɛntri lɔ dɛn na di nature ɛn ɔndastand wetin i min fɔ fri mɔtalman frɔm ɔl sik, fɔ dubl di ɛkspɛkteshɔn fɔ layf, fɔ triplɛ ɔ 4 tɛm di standad fɔ liv.

Insay dis kɔnekshɔn, wan ɔnaful ɛgzampul bɔt di mɔs flagrant misappropriation of di rayt dɛm fɔ ɔda pipul dɛm, kɔmɔt frɔm fa fa Los Angeles tu ia bifo. Afta a rid mi fɔs Inglish buk, wan uman na Kalifonia, Misis H. Bulbeck, adopt wan kɔmplit raw- it it.
Di umanitarian aspek fɔ di aidia atrak am, i ɔda 30 kɔpi fɔ di buk ɛn disayd fɔ spre di gud mɛsej bitwin in padi ɛn rileshɔnship dɛn. Insai dis taim, afta i don lan se wan pesin we nem John Martin Reinecke de rait atikul dem fo di "yusful" propati dem fo raw fud fo di "Let's Live" Magazine fo Los Angeles, shi adres am leta and giv am akaunt of di we aw i de trit am ɛn di we aw in ɛn in man bin wɛl afta dat frɔm ɛni sik we dɛn bin gɛt.

Afta a dɔn rid mi buk dɛn, bɔku pasɛnt dɛn ɔlsay na di wɔl dɔn tek raw-eating ɛn as a rizulta dɛn dɔn wɛl frɔm bɔku siriɔs sik dɛn, frɔm simpul ed pen ɛn bɛlɛ dizayd to sik dɛn we de mek dɛn at ɛn blɔd ɛn kansa. Di pasɛnt dɛn, we fɔ lɔng tɛm nɔ bin dɔn gɛt ɛni bɛnifit frɔm advays we di "spɛshal pipul dɛn" we kwalifay pas ɔl, ɛn bɔku pan dɛn bin dɔn kɔmɔt na ɔspitul as pipul dɛn we nɔ gɛt op, dɔn gɛt dɛn wɛlbɔdi bak insay sɔm mɔnt ɛn naw dɛn ebul fɔ du am ɛnjɔy ɔl di blɛsin dɛn we pɔsin kin gɛt we i de liv tranga wan.

Di pɔsin we lɛf fɔ it tin dɛn we dɛn dɔn kuk ɛn ɔda tin dɛn we gɛt pɔyzin nɔ gɛt ɛni sik ɛn i kin gɛt kɔnfidɛns fɔ wet fɔ grɛn ol ej we gɛt wɛlbɔdi ɛn trɛnk, we nɔ gɛt di swɛ we i kin swɛ ɔltɛm fɔ sik dɛn. Insay di nɛks pat na dis buk, di wan we de rid go si a

sɛlɛkshɔn fɔ di bɔku bɔku lɛta dɛn we a kin gɛt ɛvride frɔm di wan dɛn we bin dɔn sik trade we kin wɔri fɔ ɛp ɔda pipul dɛn bay we dɛn kin tɔk bɔt wetin dɛn dɔn ɛkspiriɛns. Na insay dis spirit Misis Bulbeck disayd fɔ rayt to Mista Reinecke.

Dat jentlman ignore mi rait pan mi own buk, kopi out wod fɔ wɔd ɛvri wan pan di siks maksim dɛn we dɛn gi na di kɔva fɔ mi buk! put dɛn insay di Fɛbwari ɛn Epril, 1965 isɔ dɛn na di "Lɛ Wi Layf". Magazin as pat pan wan atikul we dɛn kɔl "Adventures in Raw Foods", dɔn i de ɔf fɔ sɛl ɔda infɔmeshɔn pan di prays we na $5. Bɔt di tin we kin mek pipul dɛn want fɔ no mɔ na di tru tin we se insay wan introdukshɔn not di ɛditɔ dɛn fɔ di magazin kɔnfirm se dɛn tin dɛn de na di pɔsin we rayt di atikul in yon! Pipul nɔ fɔ rid dis kayn pɔblikeshɔn lɛk di "Let's Live". Magazin, we de liv pan advatayzmɛnt fɔ atifishal vaytamɛn ɛn "dietetic" prɛparashɔn.

Naw fɔ pas tɛn ia naw, a dɔn lɛf fɔ liv soshal layf ɛn a nɔ gɛt ɛnitin fɔ du wit misɛf. A dɔn rili spɛnd mɔni pan wetin mi famili ɛn misɛf nid, bɔt a nɔ shem fɔ smɔl tɛm fɔ spɛn ɔl di mɔni we a dɔn kip fɔ du stɔdi ɛn fɔ pablish buk dɛn, 10,000 kɔpi dɛn we a dɔn ɔlrɛdi sheb fri to, sayɛns ɔganayzeshɔn dɛn ɛn wan wan pipul dɛn na ɔl di kɔna dɛn na di wɔl. A dɔn mek dɛn sakrifays ya fɔ sho di wan ol wɔl di tru we fɔ gɛt gladi at ɛn natura layf, ɛn ɔl dis tɛm a dɔn protɛst wit mi at ɛn sol fɔ se a nɔ sɛl dɛn kayn advays ya fɔ mɔni.

Bɔt tide Mista J. M. Reinecke, we de yuz mi aydia ɛn mi maksim dɛn wit bɔku mɔni, de aks fɔ $5 dɔla fɔ sho pipul dɛn aw fɔ it natura l it dɛm! Fɔ tru, dis na di tin we de mɔna pipul dɛn pas ɔl na di kwɛstyɔn.

Na dis na sɔm pat dɛn frɔm di tu atikul dɛn we Mista Reinecke rayt:

LƐ WI LIVE

Fɛbwari, 1965

ADVƐNCHƆR DƐN INSAY RAW FUD DƐN NA JOHN MARTIN REINECKE

Amɛrikan Frut Ɔrijin ɛn Ɛksplɔrɔ

ƆL DI RAYT DƐN NA DI WAN WE RAYT

 Insay di prɛzɛn siriɔs atikul dɛn di pɔsin we rayt am gi in opinion bays pan in yon ɛkspiriɛns, plus in bɔku ɛkspiriɛns dɛn we i bin de liv wit ɛn stɔdi pipul dɛn we gɛt bɔku klaymat — dɛn it dɛn we gɛt raw it ɛn frut dɛn we de gi wɛlbɔdi. — Ɛd.

Raw it fɔ bi di wangren tin we mɔtalman de it. Fɔ it it we dɛn kuk na abit we nɔ natin ɛn we dɛn fɔ pul kɔmɔt na dis wɔl if pɔsin want fɔ gɛt pafɛkt wɛlbɔdi. Mɔtalman it fɔ gɛt layf sɛl dɛn nɔmɔ, bikɔs it we dɛn kuk na di men tin we kin mek ɔl mɔtalman sik. We mɔtalman it raw it, i kin fri mɔtalman frɔm ɔl di sik dɛn ɛn i kin mek mɔtalman liv lɔng te i rich 140 ia ɔ mɔ.

Na di kraym we bad pas ɔl fɔ mek di pikin we dɛn jɔs bɔn wit it we dɛn kuk, bikɔs na dis tɛm ɔl in trɔbul dɛn kin bigin (Luk di kɔva fɔ mi "Raw-Eating" fɔs edishɔn). Di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf fɔ pruv se di tin dɛn we Gɔd mek dɔn mek mistek we i nɔ gi wi tin fɔ it we wi kuk. (Fɔs edishɔn, pej 32). Nɔmal pikin kin et di teist we di it dɛn we dɛn dɔn kuk kin te, we kin tan lɛk se di pɔsin we gɛt adikshɔn fɔ it we dɛn kuk nɔmɔ kin want fɔ it, jɔs lɛk aw i kin tan lɛk se opium kin mek di pɔsin we gɛt drɔgs gladi. (Fɔs edishɔn, pej 33). Di faya we de na di kichin de bɔn ɛn pwɛl 90 pasɛnt pan di valyu we gud raw it gɛt. (Kɔva fɔ mi fɔs edishɔn).

Epril, 1965

Fɔs, i tan lɛk se i nɔ pɔsibul fɔ fri wisɛf frɔm ɔlmost ɛni sik jɔs bay we wi it natura l raw it. Bɔt di tru tin na dat di "unbelievable" kin izi fɔ bi wan akɔmplished rialiti... (Fɔs edishɔn, p. 45).

I fɔ bi di wok we di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf ɛn dɔktɔ dɛn fɔ ɛnkɔrej pipul dɛn fɔ it tin dɛn we Gɔd mek; n f separet di nyutritiv knstituɛnt dɛm fm it dɛm, bt ltɛm f it dɛm as nia ol as i posbul insay dɛn nchral bɛlɛ prpshn dɛm ɛn insay dɛn liv, raw stet. Dɔktɔ ɛn bayolojist dɛn nɔ fɔ ɛva tɔk bɔt di yus we separet gɛt

individyual nyutritiv k□nstituɛnt dɛm, b□t i f□ ɛnfaz di indispɛnsbiliti f□ komplit raw it dɛm.

BRIF SƆMARI

Jɛnɛral wan, di wan ol sayɛns bɔt it kin sɔmariz insay tu men pɔynt ɛn mek ɔlman bisin bɔt:

1.M□talman it f□ k□nsis □l di raw sɛl dɛm we de liv. Na dɛn it dɛn nɔmɔ we gɛt layf sɛl dɛn gɛt ɔl di kwaliti dɛn we dɛn nid fɔ satisfay di tin dɛn we mɔtalman want.

2.Dɛn de □l tu k□m□n ɛn ch□ys vɛgɛtebul b□di dɛm na di nature. di vɛgɛtebul b□di dɛm we pafɛkt ɛn we de gi b□ku b□ku b□ku tin dɛm na di bɛtɛ vɛgɛtebul dɛm, grɛn vɛgɛtebul, n□t, siri□s ɛn rut dɛm.

Fɔ tɔk smɔl, mɔtalman kin gɛt pafɛkt wɛlbɔdi we i de it raw it nɔmɔ; i sik te i it it we dɛn kuk; ɛn i kin day we i jɔs de it da kayn it de. (Fɔs edishɔn, pej 24).

Di Ɛditɔ fɔ di Magazin rayt fɔ dɔn:

Bikɔs ɔf di prɛshɔn we di wok dɛn gɛt i nɔ go pɔsibul fɔ Mista. Reinecke fɔ ansa lɛta dɛn. We i gɛt $5 i go sɛn in yon raw it mɛnyu-gayd fɔ yu ɛvride ɛn di risɛp dɛn fɔ Amɛrika ɛn Tropik wit kɔmplit dairekshɔn. Dɛn tin ya nɔ de insay buk. Send to... - Ɛd.

Taym ɛn bak wi dɔn ɛksplen di tru tin se ɔl frut, vɛjitebul ɛn nɛt na pafɛkt it dɛn we gɛt di ay kwaliti, wit ɔlmost di sem kayn nyutritiv prɔpati dɛn. □l dis de mek □l di "menu-gayd" ɛn di rɛsipi dɛm f□ raw n□sh□n n□ gɛt ɛni sayntis □ nyutrish□nal valyu. Ivin di pɔsin we nɔ no natin kin mek in yon it program, we di tin dɛn we i want fɔ it ɛn di we aw i de te go gayd am.

We a gɛt di Fɛbwari magazin, a rayt lɛta to di Ɛditɔ, Mista Kay K. Tɔmɔs, bikɔs a biliv se i go gladi fɔ protɛkt mi rayt dɛn tumara bambay:

Epril 21, 1965

Mista Kay K. Tɔmɔs, 1133 N. Vɛmɔnt Avɛnyu, Lɔs Ɛnjɛls, Kalifɔnia.

Kushɛ Sa,

Na wit sɔprayz a rid insay di Fɛbwari nɔmba fɔ "Let's Live" wan atikul we Mista Jɔn Matin Reinecke rayt we gɛt di taytul "Adventures in Raw Foods", usay di rayta dɔn kɔpi wɔd fɔ wɔd di moto dɛn we de na di kɔva fɔ mi buk, "Raw-Eating", ɛn dɔn ripresent dɛn as in yon kɔntinyu. Duya kɔrɛkt dis misɔndastandin na yu nɛks magazin ɛn duya tek step fɔ mek dis kayn tin nɔ apin tumara bambay.

Arshavir Tɛr Hovanɛnsian

I sɔri fɔ no se afta lɛk wan mɔnt so, a bin gɛt dis ansa we nɔ bin satisfay mi, we dɛn bin tray tranga wan fɔ wayt Mista.
Di we aw Reinecke nɔ ɔnɛs pan buk dɛn:

Me 12, 1965, insay di ia 1965

Arshavir Ter-Hovannessian Kakh Avɛnyu 21, Peshan Strit, Tehran, Pashia.

Kushɛ Sa:

Bɔt yu lɛta we yu rayt Epril 21 wi rayt to Mista Jɔn Matin Reinecke fɔ ɛksplen ɛn dis na wetin i dɔn advays wi;

`A don chek ova di Febuari instɔlmɛnt fɔ mi atikul ɛn a si se na no ples a nɔ kɔpi wɔd fɔ wɔd ɛni pat pan Mista Tɛ Hovannessian in moto dɛm. Ɔl di tin dɛn we a tɔk bɔt raw it na mi yon tink ɛn wɔd dɛn we a gɛda frɔm 25 ia ɛkspiriɛns ɛn stɔdi we a dɔn gɛda. If a dɔn tɔk ɛnitin we fiba in yon, dat min se na jɔs bay chans ɛn nɔto bay wilful.

`A tink se a gɛt wan pan di kɔmplit kɔleshiɔn dɛn fɔ raw it buk dɛn na di kɔntri, ɛn pan dɛn a de fɛn wan kɔpi fɔ in smɔl buklet.

If a bin kɔpi frɔm am, a fɔ dɔn gi am di kredit. A mɛmba se na wan mi padi bin gi mi in smɔl buk lɛk wan ia so dɔn pas; ɛn se a sɛn to Mista Tɛ-Hovannessian $10 fɔ mek i sɛn sɔm ɔda buklet dɛn to mi fɔ mi padi dɛn. Dat na bin lɛk wan mɔnt so dɔn pas. Te tide a nɔ yɛri frɔm Mista Ter Hovannessian ɔ di mɔni. If i nɔ want fɔ sɛn in buklet dɛn to mi, dat min se i fɔ gi mi mɔni bak, bikɔs a min jɔs fɔ sho se a gɛt rɛspɛkt ɛn di gud tin we a go du fɔ mek pipul dɛn no bɔt di bɛnifit dɛn we raw it dɛn we bin sev mi layf 25 ia bifo, gɛt.'

(sayn) John Martin Reinecke "Ɔnda di sikɔstɛms ɛn in view of Mista Reinecke in stetmɛnt dɛm se i nɔ aprɔpriet di moto dɛm we de na di kɔva fɔ yu buk, "Raw-Eating", wi dɔn mek nɔ kɔrɛkshɔn na LƐ WI LAYV Magazin.

(sayn) KAY THOMAS, Ɛditɔ-Pɔblisha.

Fɔ ansa dɛn argumɛnt ya we rili smɔl, a sɛn dis lɛta:

Me 27, 1965, insay di ia 1965.

Mista Kay Tɔmɔs, Ɛditɔ-Pɔblisha. Kushɛ Sa:

A sɔri fɔ tɛl una se a nɔ tek di ansa we una gi Me 12 to mi lɛta we a rayt Epril 21 as sɔntin we satisfay.

A de tek yu magazin fɔ mek Mista Reinecke yuz mi tink ɛn moto dɛn di rɔŋ we ɛn a gɛt di rayt fɔ aks fɔ satisfayshɔn.

Yu de tray fɔ jɔstify di pɔblik lay lay we Mista Reinecke de praktis, we kɔntinyu fɔ sɛl mi tinkin fɔ fayv dɔla fɔ wan. Mi kampen na di men tin we dɛn de du fɔ tek dɛn kayn mɔni ya.

As fɔ di $10.00, we Mista Reinecke se i dɔn sɛn to mi wit oda fo buk, a sorry fo se a no geht no moni o leta from am.

ATERHOV we de wok fɔ di kɔmni

Dis kɔrɛspɔndɛns bin dɔn dɔn we Misis Bulbeck bin du gud ɛn i sɛn mi di Epril nɔmba fɔ di "Let's Live" Magazin, we, as dɛn sho am ɔp, ivin mɔ glaring ɛgzampul dɛn de fɔ di litrɛri nɔ ɔnɛs. A lɛf am to di wan we de rid fɔ disayd if di "similarities" bitwin mi raytin ɛn Mista Reinecke in atikul dɛn na coincidental ɔ na deliberate.

Di ɛditɔ nɔ go ebul fɔ shek rispɔnsibiliti kɔmɔt na in sholda, bikɔs i bin rili sabi mi buk, we dɛn bin dɔn ɔlrɛdi rivyu na in magazin sɔm mɔnt bifo dis tɛm, we Mista. Reinecke de jɔs mek tin wɔs bay we i de gi ɛkskyuz ɛn kɔlmni we nɔ gɛt ɛni bɛnifit. As fɔ di kwɛshɔn we nɔ rili impɔtant bɔt di tɛn dala we i se i sɛn to mi, a de aks fɔ pɔblik fɔ no di bank in nem ɔ di we aw dɛn se i dɔn sɛn di mɔni to mi, we a nɔ gɛt ɛni infɔmeshɔn bɔt am.

Ɔl di rɛkɛmɔndeshɔn dɛn fɔ sɔm patikyula it dɛn fɔ was kpatakpata we de fa frɔm di wɔl. Mɔtalman fɔ no klia wan se FUD WE DƐN KUK NƆ DE GI ƐNI NƆRISHMƐNT ƐNITIN ɛn MAN NƆTO BIFO. Bifo dis, LƐ ƐNI PƆSIN IT ƐNITIN I LƐK ƐN INSAY ƐNI FƆM I WISH. Dis na tin we wan wan pɔsin lɛk.

Wi "dieticians" don so konfuz di bren of pipul wit long list of resipi en menu, dat plenti pipul tink se mi, tu, de pan dat brodaship of "experts", en na dat mek dem kin rait to mi plenti taim fo aks fo program fo konsum natura l it. Na ya a want fɔ tek di chans fɔ gi kɔlektif ansa to dɛn ɔl.

Frɔm naw, dɛn nɔ fɔ gɛt ɛni spɛshal program fɔ it igen, . rɛkɛmɔndeshɔn ɔ schedule fɔ ɛnibɔdi. Mɔtalman fɔ it ɛnitin we i want, ɛnitɛm we i ebul ɛn as i want fɔ it, jɔs lɛk aw ɔl ɔda tin dɛn we gɛt layf kin it, frɔm ant to ɛlifant Bɔt ɔda animal dɛn kin gɛt fɔ satisfay wit dɛn kayn tin dɛn de we dɛn kin gɛt wantɛm wantɛm we dɛn kin gɛt; Kɔmpia klova, hay, .

mawnten bush, tik lif ɛn dɛzat chukchuk wit grens, nɛt, vɛjitebul ɛn frut.

Di pɔsin we de it raw kin it wan tɛm insay di de ɔ tɛn tɛm insay di de; i kin fid pan wan kayn frut ɔ wan ɔndrɛd kayn. Frɔm di pɔynt fɔ si wɛlbɔdi biznɛs i nɔ mek ɛni difrɛns, bikɔs ɛni wan pan di raw vɛjitebul it dɛn we dɛn tek apat de gi kɔmplit it insɛf. Di pɔsin we de it raw nɔ fɔ gayd am bay list dɛn we gɛt "sayntis" ɔ "dietetic" rɛkɛmɔndeshɔn, bɔt bay di dimand dɛm fɔ in apɛtit ɛn palata, we go ɔltɛm bi in gayd dɛm we nɔ de mek mistek we i de pik natura nyutrimɛnt dɛm. Di we we shɔ pas ɔl, we sef ɛn we izi pas ɔl na fɔ it wi it na di stet we nature dɔn pripia ɛn prɛzɛnt am to wi, bay we wi jɔs krɔs am ɔnda wi tit. Bɔt if ɛnibɔdi gɛt tɛm ɛn ɛnjɔymɛnt fɔ mek salad ɛn ɔda miks it dɛn, i fɔ it dɛn

jis afta dɛn pripia am, �dasay as tɛm de go m�talman go drɛb to nyu dɛjɛnɛresh�n dɛm f� it.

Pipul dɛn nɔ fɔ rid buk dɛn igen we de tɔk bɔt di etiology fɔ wan wan sik dɛn, diagnosis, di tritmɛnt, drɔgs, vaytamɛn, minral, protin, haydrotɛrapi, ilɛktrɔtɛrapi ɛn ɔda tin dɛn we tan lɛk dis, bikɔs ɔl di sik dɛn kɔmɔt frɔm wan kɔmɔn kɔz ɛn dɛn gɛt wan kɔmɔn we fɔ mɛn .

Bɔku pipul dɛn we nɔ de it bif, ɛn ivin pipul dɛn we nɔ de it bif, we kin tray fɔ it a smɔl mɔ frut pas aw dɛn kin du kin gɛt di prɛzumshɔn fɔ tek dɛnsɛf as pipul dɛn we de it raw. Bɔt nɔbɔdi nɔ go tek insɛf as pɔsin we de it raw if i tek ivin wan it we i kuk insay wan mɔnt, bikɔs da we de i nɔ go ɛva ebul fɔ fri insɛf ɔl frɔm sik. dis na bi�s insay di f�s stej dɛm we dɛn de it raw wan s�m n�mba f� di sik sɛl dɛm kin f�l insay wan stet we dɛn de slip ɛn l�ng dɛn egzistens insay da k�ndish�n de f� b�ku tɛm. Na wan it nɔmɔ we dɛn kuk insay wan mɔnt kin du fɔ mek dɛn gɛt layf bak ɛn gi dɛn di chans fɔ bɔku bak. As pɔsin we de it raw it tek smɔl it we dɛn dɔn kuk so, i go mɔs gi dɛn sik sɛl dɛn de fresh tin fɔ it ɛn gi dɛn nyu layf. So, we pɔsin nɔ ebul fɔ fri insɛf kpatakpata frɔm di bad bad sik dɛn, i fɔ fri am

luk fɔ di kɔz insay dɛn transgreshɔn dɛn de wan wan tɛm ɛn nɔto ɔda kwata. No jɔstis nɔ go de atɔl fɔ dɛn difɔlt dɛn de.

Wan pan di argumɛnt dɛn we nɔ gɛt ɛni bɛnifit agens fɔ it raw-eating kɔmplit wan, . we sɔm tɛm dɛn kin rich to mi frɔm sɔm nɔt kɔntri dɛn ɛn mɔ frɔm Ingland, na di difrɛns bitwin di klaymat kɔndishɔn. So lɔng as mɔtalman ebul fɔ fɛn wan anful raw gren, no kwɛstyɔn nɔ go de bɔt di shɔt we di natura l it dɛn de na ɛni kɔntri. Apat frɔm dat, we wi tink bɔt di tru tin we se it we dɛn kuk nɔ de gi mɔtalman tin fɔ it di smɔl smɔl tin, it fɔ de na ɔl di rijyɔn dɛn na di wɔl if pipul dɛn ebul fɔ gi dɛnsɛf tin fɔ it ɛn fɔ mek dɛn kɔntinyu fɔ liv. We wi pul di it dɛn we wi dɔn kuk na wi it, wi nɔ de pul ɛnitin pan di fayn fayn tin dɛn we wi de it; bifo dat, wi de fri wisɛf frɔm tin dɛn we gɛt pɔyzin ɛn we de ambɔg wi. Di ful minin fɔ dɛn trut ya, na di pɔsin nɔmɔ we dɔn ɛnjɔy di bɛnifit dɛn we pɔsin kin gɛt we i it raw-it fɔ sɔm ia. □l dɛn "sayntis" postulat dɛm we bayolojist dɛm de tray f□ riprizent kuk it as n□rish□n na k□njɛksh□n dɛm we n□ gɛt bɛs ɛn vain dɛlyush□n dɛm.

As tin de so, na dis sem tɛm sɔm kɔntri dɛn de usay pipul dɛn de sɔfa wit "shɔt" fɔ it ɛn dɛn de ɔnda di trɛt ɔltɛm fɔ angri, we ɔfishal diklareshɔn na ɔl wetin dɛn nid fɔ du di mirekul we dɛn dɔn de wet fɔ fɔ lɔng tɛm fɔ briŋ bɔku tin dɛn na di wɔl. I sɔri fɔ no se dis simpul ɛn klia diklareshɔn se KUK DEBƐS NƐCHƆR FUD ƐN KƆNVƆT DƐM TO HARMFUL SUBSTANCES nɔ de apia ɛnisay, pan ɔl we ɔlrɛdi insay 1963, a dɔn briŋ dis trut we nɔ gɛt wan kɔntroversi to ɔl di big big ɔtoriti ɛn sayɛns sɛklɔ dɛn na di wɔl. Dis na wan strɛch indikashɔn fɔ aw dip insay mɔtalman tide insay ignɔrans, prejudis, lay lay biliv ɛn adikshɔn dɛn we nɔ fayn. Wɔd dɛn lɛk sivilizayshɔn ɛn prɔgrɛs kin ring ɔlo we dɛn yuz dɛn to pipul dɛn we pan ɔl wetin dɛn dɔn tɔk ɛn rayt, stil nɔ gri fɔ admit se kuk na ɔpreshɔn we nɔto fɔ natin ɛn we de pwɛl.

Dɛn se di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf dɔn mek bɔku bɔku tin dɛn we dɛn dɔn lan. I tan lɛk to mi se di mɔ we dɛn de go bifo, na di mɔ dɛn fɔ no se dɛn nɔ no natin. Ɛn we dɛn rich di stej usay dɛn kin gri fri wan se agens di tru tru sɛns we di tin dɛn we Gɔd mek gɛt, dɛn yon no nɔto jɔs smɔl tin, dɛn kin rili gri se dɛn rili lan sɔntin.

I nɔ de pan dɛn bayolojist dɛm we "steep in kɔntempɔral no ɛn lanin" wi kin kam mit venɛrabl petriak dɛm we dɔn liv te dɛn ol 140 ɔ 150 ia. Wi kin mit dɛn kayn pipul ya fa fawe frɔm di big big sɛnta dɛn fɔ lan, na di bɔdi fɔ di nature, usay dɛn nɔ kin gɛt sɔm pat pan di bad tin dɛn we drɔgs ɛn it dɛn we dɔn pwɛl pasmak kin kam wit. Aw dɛn layf go lɔng ɛn gɛt wɛlbɔdi, if dɛn bin sev dɛn ivin da pat pan di pwɛl pwɛl we dɛn it de sɔfa naw. Wetin gi mi di rayt ɛn di kɔrej fɔ chalenj ɔlmost ɛvri kɔnsɛpshɔn we de naw bɔt mɛdikal sayɛns na di tru tin se 100 PƐSƐNT RAW IT DE PUT ƆL DISIZ DƐN WAN KWƐS RADIKAL ƐN SIMULTANEOUSLY. Test, ɛn yu go biliv tranga wan.

A nɔ de mek ɛni ɛgzajarayshɔn we a de tek ɔl di pipul dɛn we, bay sɔm fansiful pretekst ɔ ɔda wan, de ban di sik pipul dɛn ɛn di wan dɛn we nɔ de wok fɔ dɛn NATURAL NUTRIMENTS — fresh vegjetabul ɛn frut dɛn — we na DI ONLI EFECTIVE MEANS fɔ mek dɛn gɛt wɛlbɔdi we dɛn dɔn lɔs bak . Tru dɛn deplorable ignorance dɛn "laned sayɛnsman dɛm" de du big big massacres pas Attila ɔ Hitler ɛva du. Bay dɛn fulish tin dɛn we dɛn kin tɔk bɔt dɛn kin kil bɔku bɔku pipul dɛn, ɛvride, ɛn dɛn nɔ kin gɛt ɛni rilif ɔ rɛst. Sɔm pan di kayn kriminal dɛn we nɔ no natin na ɔl di wan dɛn we de mek ɛn sheb mɛrɛsin, drink, tabak, rifin flo, bred, mit, kɔnfɛkshɔn, shuga, ti, kɔfi ɛn bɔku ɔda tin dɛn we kin mek pɔsin wund lɛk dɛn wan ya. Ɛni faktri we de mek dɛn kayn tin dɛn ya we nɔ de na di wɔl, we dɔn pwɛl, de ambɔg mɔtal

A de beg ɔl di wan dɛn we de ɛp pipul dɛn fɔ du wetin dɛn ebul fɔ ɛp mi fɔ mek pipul dɛn no bɔt dɛn tru tin ya bay di wɔd we dɛn de tɔk ɛn tru mi buk ɛn magazin dɛn.

Dɛn wan dɛn we de it raw we dɔn wɛl frɔm dɛn sik, gɛt spɛshal wok fɔ put di ditil dɛn bɔt aw dɛn wɛl na di prɛs ɛn ɔl di wan dɛn we gɛt di wok fɔ du.

Fɔ dɔn, na di bounden duty fɔ jɔnalist dɛn fɔ pablish sɔmari fɔ dɛn stetmɛnt dɛn de na di kɔlɔm dɛn na dɛn nyuspepa, ɛn dimand fɔ no wetin mek di ɔtoriti dɛn de kɔntinyu fɔ du dɛn lethargic inaktiviti.

PAT TRI

Di Achievements fɔ RAW-ETING

Bɔku pipul dɛn we de rid kin rayt lɛta to mi fɔ aks mi bɔt di sakrifays dɛn we pɔsin kin gɛt we i it raw. Fɔ mek a satisfay dɛn want fɔ no mɔ a gladi fɔ gi dɛn sɔm tin dɛn we gɛt fɔ du wit dis.

Wan ia afta dɛn dɔn pul di fɔs volyum fɔ mi Amɛnian wok insay 1960, a bin pul wan shɔt buk insay Pashya, ɛn a bin sheb 4,000 fri kɔpi dɛn to difrɛn institiushɔn dɛn, ɔtoriti dɛn ɛn di prɛs. Di nyuspepa ɛn nyuspepa dɛn na Tehran bin gi di buk fayn fayn wan ɛn bɔku pan dɛn bin rayt lɔng rivyu dɛn bɔt dat.

Di buk bin gɛt bɔku atɛnshɔn na di Kɔt sɛklɔ dɛn. Di man fɔ Her Highness Princess Shams Pahlavi, Mista Mehrdad Pahlbod, we naw na Minista fɔ Kalchar, invayt mi fɔ kam na in os ɛn tɛl mi se mi buk dɔn gɛt ɔnɔ bay di atɛnshɔn we Shah (king MohamadReza Pahlavi) bin gi am, we bin dɔn tɛl am fɔ mek mɔ kwɛstyɔn dɛn bɔt di tɔpik. A gladi fɔ rikodɔ se a bin gɛt siks ɔ sɛvin kɔnsultɛshɔn dɛn we a bin gɛt afta dat wit Mista Pahlbod. Di Sɛktri Jenerɛl fɔ di Rɛd Layɔn ɛn San Sɔsayti, Dɔktɔ Abas Naficy, ɛn di Dayrɛktɔ fɔ di Khajenouri Materniti Ospital, Dɔktɔ AbulGhasem Naficy,

ɛn sɔm ɔda big big spɛshal pipul dɛn bin prez di we aw a de si tin ɛn prɔmis mi se dɛn go wok togɛda.

Dɛn bin gi instrɔkshɔn fɔ mɛn bɔku pikin dɛn na wan pan di say dɛn we dɛn de mɛn pikin dɛn we nɔ gɛt mama ɛn papa bay we dɛn de it raw. Apat frɔm dat, dɛn bin fɔ tek di prinsipul dɛn fɔ it raw-it we dɛn de trit di wan dɛn we sik na wan pan di pikin dɛn ɔspitul ɛn fɔ mek dɛn chenj di we aw dɛn de it tin dɛn na wan pan di de nɔsri dɛn. I sɔri fɔ no se, insay rial prɛktis a bin mit wit difrɛn tin dɛn we bi I nɔ tu te, a kam fes-to-fes wit bɔku bɔku dɔktɔ dɛn ɛn bigman dɛn we bin de tink bɔt ɔda pipul dɛn, ɛn a bin gɛt fɔ put di nyu aidia dɛn. Dis nɔ bin izi fɔ du. Dɛn bin de tek di wan ol afɛkt sote a taya ɛn lɛf di tray wit dip rigrɛt.

Dis fɔlt bin rili bad, bikɔs a bin si klos klos aw, as a rizulta fɔ it we nɔto natura, di bebi dɛn we bin de na di nɔsri dɛn bin dɔn wik ɛn sik, we na di ɔspitul dɛn bin de abop pan atifishal vaytamɛn, pɔyzin drɔgs ɛn animal prɔtin fɔ sev frɔm day an dɛn pikin dɛn we nɔ gɛt bɛtɛ trɛnk ɛn we nɔ gɛt bɛtɛ trɛnk, we bikɔs dɛn nɔ gɛt mama in milk ɛn di tin dɛn we dɛn kin it, dɛn nɔ bin gɛt dray milk ɛn wayt bred as dɛn men tin. Wi nɔ nid fɔ ad pan dis, dɛn nɔ bin tink bɔt di nid fɔ gɛt natura l it we nɔ gɛt wan fɔlt.

Bɔt dɛn kɔntakt dɛn de, ɛn di we aw a bin de na bɔku mɛdikal kɔnfrɛns dɛn, bin tich mi bɔku impɔtant lɛsin dɛn. Fɔs ɛn fɔs, a bin no se pan ɔl we di we aw a de si tin na di lɔ dɛn we impɔtant pas ɔl ɛn we simpul pas ɔl na di wɔl, na pipul dɛn nɔmɔ we dɛn ay edyukeshɔn dɔn mach wit fridɔm fɔ jɔj ɛn indipɛndɛns fɔ maynd nɔmɔ de dayjɛst ɛn asimilet dɛn. Pɔsin we gɛt midul intɛlekt nɔ kin ebul fɔ imajin di pɔsibiliti se lay lay pɔsin kin ebul fɔ rivɔlɔshɔn di ɔl mɛdikal sayɛns tide ɛn fɔ kɔnfyus di itɛtik kɔnsɛpshɔn dɛn we de naw na di sayɛns wɔl.

Na dat mek a disayd fɔ pablish wan shɔt volyum insay Inglish ɛn sɔbmit am to di atɛnshɔn fɔ di ay ay sayɛns ɛn pɔlitikal sɛklɔ dɛn.
Bikɔs a bin ebul fɔ win di big big prɔblɛm dɛn, a bin de wok fɔ 16 awa ɛvride fɔ rayt di buk, afta dat a bin mek dɛn translet am insay Inglish ɛn pablish am insay

1963. Dɔn a pul 3,000 adrɛs dɛn frɔm difrɛn buk dɛn we dɛn kin tɔk bɔt ɛn sɛn lɛk 4,000 kɔmplimɛnt kɔpi dɛn fɔ di buk to ɔl di rula dɛn na di wɔl, ɛn to yunivasiti dɛn, sayɛns sɛnta dɛn, intanashɔnal ɔganayzeshɔn dɛn, ɛn big nyuspepa dɛn ɛn magazin dɛn we dɛn kin pul ɔltɛm. A bin rili sayn bɔku pan di buk dɛn ɛn ataya wan lɛta wit ɛni wan pan dɛn. A bin tek dis as di we we kwik ɛn we fit fɔ mek pipul dɛn no bɔt mi aydia dɛn ɔlsay na di wɔl.

Di rizulyt dɛn pas wetin a bin de op fɔ we a bin rili gɛt sanguine. Bɔku bɔku lɛta ɛn nyuspepa dɛn we a bin gɛt insay di nɛks sɔm mɔnt dɛn bin mek a nɔ gɛt wan dawt se ɔl di big big pipul dɛn ɛn di bigman dɛn na di wɔl bin de rid mi buk wit intres, ɛn bɔku pan dɛn bin de kɔnfirm se mi aidia dɛn na tru.

Insay di las ia dɛn, a nɔ jɔs lɛf fɔ du mi soshal wok dɛn, bɔt a dɔn lɛf mi pasɔnal biznɛs kpatakpata so dat a go gi misɛf to mi buk dɛn de ɛn nɛt. Bɔt stil, i strenj fɔ se, pipul dɛn de we tink se a dɔn lɛf mi sɛns, jɔs bikɔs, instead fɔ gɛda jɛntri ɛn we a de fa mi tɛm fɔ it, drink ɛn ɛnjɔy, a de spɛn ɔl di mɔni we a dɔn kip fɔ mek sɔm buk dɛn , we a kin sheb to ɔlman fɔ fri.

Bɔt as a si am, no gladi at nɔ de na layf pas di satisfay we wi kin gɛt we wi de sav wi kɔmpin mɔtalman we wi nɔ de tink bɔt wisɛf nɔmɔ. Pipul dɛn kin bil big big bildin dɛn ɛn dɛn kin gladi fɔ si dɛn. Naw, ɛni wan pan di bɔku bɔku lɛta dɛn fɔ kɔle, tɛl tɛnki ɛn tɛl tɛnki we a de gɛt ɛvride frɔm ɔl di kɔna dɛn na di wɔl gɛt di ful valyu fɔ wan bildin fɔ mi. Ɛn we di lɛta kɔmɔt frɔm pɔsin we dɔn wɛl frɔm wan siriɔs sik bay mi advays ɛn we tek mi as in seviɔ, no say nɔ de fɔ stɔp ɔ fɔ mek a gladi, ɛn dis kin mek a gladi mɔ ɛn mɔ bikɔs a kin fil se ɔl dis dɔn bi du am we dɛn nɔ gɛt ɛni pe fɔ am.

Mi sol kin sɔfa de ɛn nɛt we a de si pipul dɛn de day ɔlsay bikɔs dɛn kin day we dɛn nɔ bin de ɛkspɛkt. A si klia wan se dɛn pipul dɛn de NƆ DE DAI; dɛn kin ful dɛnsɛf fɔ KIL DƐMƐF fɔ di sek fɔ wan plet we ful-ɔp wit tin dɛn we nɔ natin ɛn we dɛn mo

it. Mi at de blɔd we a si wan mama we de fred bad bad wan de snɛp di frut we nɔ gɛt wan bɔt ɛn put di bred, milk ɛn mit we de kil insay in an insted.

Insay mi fɔs Inglish buk, a bin dɔn tɔk smɔl bɔt ɔlmost ɔl prɔblɛm dɛn we gɛt fɔ du wit dis. Insay dis volyum, a dɔn mek sɔm pan di tin dɛn we a bin dɔn tɔk bifo tɛm bɔku ɛn a dɔn tɔk bɔt sɔm impɔtant kwɛstyɔn dɛn fɔ lɔng tɛm smɔl, ɛn dis dɔn mek di jenɛral pɔblik ɔndastand di tɔpik mɔ. Bɔt bifo a dɔn di buk, a fɔ lɛk fɔ mek di wan we de rid no bɔt di we aw dɛn bin wɛlkɔm mi fɔs Inglish buk, ɛn bak di ɔda buk dɛn we a bin rayt.

Kɔpi fɔ mi lɛta we a rayt to di rula dɛn ɛn ɔda bigman dɛn na di wɔl

Duya una ɔna mi bay we una aksept wan kɔmplimɛnt kɔpi fɔ mi buk we gɛt di taytul "Raw-Eating". A rili op se yu go si se i pɔsibul fɔ yuz sɔm pan yu valyu awa dɛn fɔ rid di buk.

We mɔtalman tek it we dɛn kuk as nɔmal tin fɔ it, mɔtalman dɔn blaynd wan tek di rod we go kil pipul dɛn fɔ dɔnawe wit dɛn.

Di adopshɔn fɔ di aydia ɛn prɔpɔzal dɛn we dɛn ɛksplen insay di buk go bɛnifit yu neshɔn pas ɔl.

Sɔm kɔpi dɛn ɛn sɔm pat dɛn frɔm di ansa dɛn we dɛn gɛt:

Lɛta frɔm His Excellency Mista Amir Abbas Hoveyda, di Praymɛnt Minista fɔ Pashia:

Tehran, 18 Ɔktoba, 1965

Mista A. T. Hovanessian, .

"A dɔn gɛt yu lɛta ɛn di buk we yu bin sɛn wit am." Pan ɔl we a rigrɛt di tru se bikɔs ɔf di prɛshɔn we a bin de prɛs mi pasmak te to dis biɛn tɛm a nɔ bin ebul fɔ fɛn di lɛzi fɔ rid yu buk, a tɛl yu bɔku tɛnki fɔ we yu prɛzɛnt am to mi."

(Dɛn sayn am) AMIR ABBAS HOVEYDA, Praymɛnt Minista.

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Amɛrika Ɛmbasi, Jun 29, 1964.

Diya Mista Atɛrɔv:

Yu lɛta we yu rayt Mach 28, 1964, we yu rayt to Prɛsidɛnt Jɔnsin, dɛn dɔn gɛt am na di Wait Haus, ɛn yu dɔn gɛt di kɔpi we yu rayt wit yu buk, 'RAW-EATING'.

Dɛn dɔn tɛl di Ɛmbasi fɔ tɛl una di Prɛsidɛnt in yon gladi fɔ di we aw yu tink gud wan we yu gi am chans fɔ si yu buk.

WALTER G. RAMSAY, we de na 1999.

Staf Ɛd fɔ di Ambasedɔ, Tehran.

*** .

Windsor Kastɛl, 27 Epril, 1964

Diya Mista Atɛrɔv, .

Di Kwin de kɔmand mi fɔ tɛl yu tɛnki fɔ yu lɛta to Di Prince of Wales, ɛn fɔ di kɔpi fɔ di buk we yu dɔn rayt.

Her Majesty bin tink se i so rili gud fɔ yu fɔ sɛn dis buk to in pikin, ɛn a fɔ sɛn di Kwin in tru tru tɛnki to yu.

MARY MORRISON, Windsor Castle, Ledi-in-Wetin, Ingland.

*** .

Paris, 29 AVR, ɛn ɔda pipul dɛn. 1964. Di wan dɛn we de wok

Monsieur, 1999.

Le Jɛnɛral de Gaulle a bien regu la plakɛt que vous lui avez di pɔsin we dɛn adrɛs fɔ aimablement.

Monsieur le Prɛsidɛnt de la Ripɔblik m'a chaj de vous remercier de l'intenshɔn qui a inspɛkt cet anvoi.

(Sayn) Sɛktri Patikul.

*** .

Mɔsko, Jun 21, 1964.

Diya Mista Atɛrɔv, .

A aknɔwled wit tɛnki fɔ di risit fɔ yu buk 'RAW FOOD NA DI PRINSIPUL F□ NUTRISH□N', we a de peruse wit intres.

S. KURASHOV, Minista fɔ Pɔblik Ɛlth, ussr.

*** .

Phnom-Penh, le 9 Janvier, 1965, ɛn di ɔda wan dɛn

Monsieur, 1999.

Je vous remercie sincerement de votre envoi de I'ouvrage 'RAW-EATING' dont vous etes l'auteur et vous felicite pour les recherches et les expiriens que vous poursuivez sur l'alimentation.

Avec tous mes ɛnkɔrejmɛnt dɛn je vous prie d'agreer, Monsieur, . l'assurance de ma haute kɔnsidareshɔn.

NƆRƆDƆM SIHANOUK UPAYUVAREACH, 1999.

Chɛf de l' Etat du Kambodj.

*** .

Phnom-Penh, 11" Ɔgɔst, 1964.

Diya Mista Atɛrɔv, .

Wit big gladi at fɔ gɛt yu wɔndaful buk we gɛt di taytul 'RAW-ITIN'. Di nem fɔ di buk de mek a want fɔ no mɔ bɔt wetin de insay.

Afta a go tru di buk a biliv se ɔl di tru tin dɛn we yu rayt na di buk...

Di buk rili valyu to mi. A kip am as souvenir we yu nɔ go ɛva fɔgɛt frɔm yu.

Naw, mek a aks una permishɔn fɔ translet dis buk insay di Kambodian langwej so dat i go gi di big bɛnifit to mi neshɔn. A op se yu nyu diskovri fɔ wan nyu sayɛns go mek nyu tɔn to di sɔvayv fɔ mɔtalman as a ɔl.

CHUON NATH JOTANNANO, we de na di 1999.

Di Suprim Chif fɔ di Mɔnk dɛn na Kambodya.

*** .

Phnom-Penh, le 25 Juillet, 1964, ɛn di ɔda wan dɛn.

Monsieur, 1999.

En accusant risepshɔn de votre manuɛl `RAW-ITIN' que vous avez eu l'amabilite de mi faire parvenir, j'ai l'honneur ɛn le plaisir de vous infɔma que ce livre m'a biɔkɔp intɛres ɛn je vous ɛn rimɛrsi vivmɛnt.

NƆRƆDƆM KANTƆL,

Le Prɛsidɛnt fɔ Kɔnsɛl fɔ di Ministri dɛn, Royaume du Kambodj.

*** .

DI WAYT HAUS, Jun 1, 1964.

Diya Mista Atɛrɔv, .

Tɛnki fɔ we yu sɛn wan kɔpi fɔ yu buk we yu jɔs rayt to mi. A de luk

fowad to sohm fri awa we a go geht chans fo rid am in
sɔm ditel dɛn.

RICHARD W. REUTER, we na Spɛshal Asisten to di Prɛsidɛnt ɛn Dayrɛktɔ, Food
For Peace, USA

*** .

Laksambɔg, Me 13, 1964.

Kushɛ Sa,

Dɛn Royal Highnesses The Grand-Duchess ɛn The Hereditary, Grand-Duke of Luxembourg, want mek a gri se a dɔn gɛt yu kayn lɛta we yu rayt 23rd Mach 1964, we yu sɛn to Dɛn yu buk we nem 'Raw-Eating'.

Dɛn Royal Highnesses bin rili tɔch dis kayn atɛnshɔn ɛn dɛn chaj mi fɔ sɛn yu. Dɛn rili tɛl tɛnki. Dɛn go rid yu buk wit big intres.

Meja Jɛrmɛn FRANTZ, Ɛd-di-Kamp.

*** .

Taywan, Ɔgɔst 18, 1964.

Diya Mista Hovannessian, .

A don rid wit intres yu leta of May 12th togeda wit di enklos volyum pan `Raw- Eating'. Na wan rikɔmɛndishɔn we rili mek pɔsin tink gud wan we yu dɔn mek fɔ mɔtalman as a ɔl, ɛn a tink se i fɔ tek tɛm rid di wan dɛn we bisin bɔt di wɛlbɔdi fɔ wisɛf ɛn di jɛnɛreshɔn dɛn we de kam. Duya aksept mi tru tru tɛnki fɔ di we aw yu tink gud wan fɔ sɛn dis volyum to mi.

CHEN CHENG, Praymɛnt Minista fɔ di Ripɔblik fɔ Chaina.

*** .

Teheran, le 18 Ɔktoba, 1964.

Cher Monsieur, 1999.

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous infɔma d'avoir recu une lettre du Sɛktriat Jɛnɛral de la Prɛsidɛns de la RSF de Yugoslavie par laquelle est kɔnfɔma la risɛpshɔn du livre RAW-EATING' dont vous avez eut l'. amabilite d'envoyer au Prɛsidɛnt Tito.

Le Sekretariat Jɛnɛral vous remercie cordialement, au nom du Prɛsidɛnt Tito, pour votre aimable envoie.

VLADIMIR MILOVANOVIC, we na Kɔnsɛla.

*** .

Transpɔt Haus, Lɔndɔn, 29 Epril, 1964.

Diya Mista Hovannessian, .

I bin rili kayn fɔ yu fɔ sɛn mi wan kɔmplimɛnt kɔpi fɔ yu buk `RAW-EATING', a go tek di fɔs chans fɔ stɔdi di it prinsipul dɛm we yu de prɔpɔz.

AL WILLIAMS, we na di Jɛnɛral Sɛktri,

DI LEBƆ PATI

*** .

Washinton, Me 15, 1964.

Diya Mista Atɛrɔv, .

Tank yu fo di kopi of yu buk, Raw-Eating', we a recentl:y risiv. Dɛn dɔn notis wetin de insay, ɛn a gladi we yu tink gud wan we yu sɛn am.

JOHN M. BAILEY, we na di Chairmɛn, di DƐMƆKRƐTIK NƐSHƆNAL KƆMITI.

*** .

Berne, 26th Fɛbwari, 1964.

Sa,

Wi gri se wi dɔn gɛt ɛn wi want fɔ tɛl yu tɛnki fɔ wan kɔpi fɔ yu smɔl buk we gɛt di taytul:

Raw-Eating (wan jenɛral sɔv). Ɔlman fɔ no di impɔtant tin dɛn we de na in bɔdi,' we wi dɔn rid wit intres.
Wit wi kompliment, .

SWISS FƐDƐRAL PƆBLIK HELT SAVIS, .

Di Chif fɔ Fɔdstuff Kɔntrol, RUFFI.

*** .

Pɔt-ɔ-Prins, le Julay 16, 1964.

Diya Mista Atɛrɔv, .

Tank yu plenti fo yu buk we dem kol `Raw-Eating'. Wi go rid dis buk frɔm kɔva to kɔva bikɔs i dɔn sɔlv wan prɔblɛm we go bɛnifit mi kɔntri at ɔl.

A op se yu rekomendashon na di buk go mit di rikwaymɛnt fɔ ɔlman ɛn i go bi di bɛst sɛla dis ia.

DIPATMƐNT DE LA SANTE PƆBLIK ET

DE LA POPULƐSHƆN, GƐRƆD FILIPIƆKS, SƐKRƐTƐRI ƆF STET,

Ripɔblik d'Haiii.

*** .

Bɛlin, Jun 4, 1964.

Diya Mista Atɛrɔv, .

Di Prɛsidɛnt fɔ di Jamani Dimokratik Ripɔblik, Walter Ulbricht, tɛl am tɛnki wit ɔl in at fɔ di smɔl buk we yu sɛn to am.

As yu kin bi yu stetmɛnt dɛn kin bi kritik ditayli — bɔku pan am surely being above all the concern of the specialist: di dɔktɔ, di nyutrishɔn sayɛnsman, ɛn ɔda tin dɛn Bɔt pan ɔl dat, wi rili gri wit yu se dɛn fɔ tray tranga wan fɔ mek dɛn gɛt sawnd sistɛm fɔ it.

Di Gɔvmɛnt fɔ di Jamani Dimokratik Ripɔblik, ɛn mɔ di Ministri fɔ Wɛlbɔdi biznɛs, de pe atɛnshɔn tumɔs to dis kwɛstyɔn. Fɔ mek dɛn ebul fɔ liv fayn layf, dɛn dɔn mek wan kɔmiti ya dis biɛn tɛm, wan pan dɛn tin ya na fɔ mek pipul dɛn lɛk di kɔrɛkt prinsipul dɛn bɔt it.

HUTH, Chif Advaysa, Chansɛl fɔ Stet.

*** .

La Habana, 24 de agosto de 1964, ɛn di ɔda wan dɛn.

Estimado dɔktɔ:

Akuso resibo de su amable envio del libro `Raw-Itin', jentileza que aprecio muy sinceramente y espero disfrutar de su lectura y recoger del mismo, las aydia y orientaciones valiosas quesu ekspiriens en esta materia nos trasmite por intamedio de su lektura.

Dɔktɔ JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD PƆBLIK, Kiuba.

*** .

La Paz (Bolivia), Julay 10, 1964.

Tank yu plenti fo di komplimentari kopi fo yu buk fo 'Raw Eating'. A nɔ rid am yet, ɛn a jɔs dɔn go oba sɔm chapta dɛn. Di aidia dɛn we yu de sho insay dɛn de mek pɔsin want fɔ du sɔntin pan ɔl we dɛn de agyu bɔt am. A nɔ de yet na di pozishɔn fɔ kɔmɛnt dɛn, bɔt a want fɔ tɛl una bɔt di we aw pipul dɛn bin wɛlkɔm una buk ɛn di intres we i mek mi.

Dr. GUILLERMO JAUREGUI G. Minista fɔ Pɔblik Ɛlth.

*** .

Beograd, 20th Epril, 1964.

Dis na fɔ tɛl yu tɛnki fɔ we yu sɛn mi di kɔmplimɛnt kɔpi fɔ yu buk we gɛt di taytul 'RAW-EATING', we go mɔs mek di wan dɛn we bisin bɔt di prɔblɛm dɛn we gɛt fɔ du wit di rayt it, gɛt bɔku intres.

MOMA MARKOVICH we de wok fɔ di kɔmni Fɛdaral Sɛktri fɔ Wɛlbɔdi ɛn Sɔshial Polisi.

*** .

Dɛn dɔn gɛt lɛta dɛn bak fɔ ɛnkɔrej ɛn tɛl tɛnki frɔm dɛn pɔsin ya:

Di Kwin na di Netherlands; di Kiŋ na Denmak; di Kiŋ we de na Swidan; di Kiŋ na Bɛljiɔm; Antonio Segni, we na di Prɛsidɛnt fɔ di Ripɔblik fɔ Itali; Adolf Scharf, we na di Prɛsidɛnt fɔ Ɔstria; Fransico Orllch, we na di Prɛsidɛnt fɔ Kɔsta Rika; S. Radhakrishnan, we na di Prɛsidɛnt fɔ India; de Lisle, we na Gɔvnɔ-Jɛnɛral fɔ Ɔstrelia; Urho Kekkonen, we na di Prɛsidɛnt fɔ Finland; Eamon de Valera, we na di Prɛsidɛnt fɔ Ayriland; P. Van de Calseyde, we na d Dayrɛktɔ fɔ di Wɔl Ɛlth Ɔganayzeshɔn, Kɔpenhagen, Denmak; Mis la Mash, we na Minista fɔ Nashɔnal Ɛlth ɛn Wɛlbɔdi, Kanada; CH. Shapirah, we na di Minista fɔ Intɛriɔ, Izrɛl; Alfonso Ponce Archila, we na di Minista fɔ Wɛlbɔdi biznɛs, Gwatemaala; Abbebe Retta, we na di Minista fɔ Pɔblik Ɛlth, Itiopia; Yuichi Saito, Chif Liaison Ɔfisa, Ministri fɔ Wɛlbɔdi ɛn

Wɛlbɔdi biznɛs, Tɔkyo; Shri Mohanlal Vyas, Minista fɔ Wɛlbɔdi ɛn Leba, Gujarat, India; MacEntee, we na di Minista fɔ Wɛlbɔdi biznɛs, na Ayriland; Marga A. M Klompe, we na di Minista fɔ Wɛlbɔdi biznɛs, na Netherlands; Giorgio Borg Olivier, we na di Praymɛnt Minista fɔ Mɔlta; Gudrun Sanz ɛn Ɛlsi Waerndt, we de na Nɔbɔl Fɔdayshɔn, Swidan; J. Grimond, we na di Lida fɔ di Libal Pati na Lɔndɔn; Pierre Werner, we na di Praymɛnt Minista fɔ Laksambɔg; Sean F Lemass, we na di Praymɛnt Minista fɔ Ayriland; Rɔbɔt G. Mɛnzis, we na di Praymɛnt Minista fɔ Ɔstrelia; Mehdi Nawaz Jung, we na Gɔvnɔ fɔ Gujarat, India; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, we na Gɔvnɔ fɔ Madras, India; S. K. Patil, we na di Minista fɔ Fɔd ɛn Ɛgrikalyeshɔn, na India; P. C. Sen, we na di Chif Minista fɔ Wɛst Bɛngal, India; Wiliam Gopallawa, we na Gɔvnɔ-Jɛnɛral fɔ Silan; Lester Pearson, we na di Praymɛnt Minista fɔ Kanada; Sampurnanand, we na Gɔvnɔ fɔ Rajastan, India; Shri Partap Singh Kairon, we na di Chif Minista fɔ Punjab, India; Rɔbɔt Freza, Indipɛndɛnt Tɛlivishɔn Ɔtoriti, Lɔndɔn: Mista.
Sarnoff, Prɛsidɛnt, Nashɔnal Brodkas Kɔmni, Nyu Yɔk, ɛn ɔda pipul dɛn pantap...

Dɛn dɔn sɛn lɛta to bɔku kɔntri dɛn bɔt as yu notis, sɔm pan di mɛyl dɛn bin dɔn sɛn to pɔlitiks pipul dɛn we wik kɔntri dɛn we gɛt mɔ angri ɛn po ɛn ɔda prɔblɛm dɛn bikɔs ɔf dɛn lay lay, denja ɛn anti-fridɔm polisi, so if dɛn chenj dɛn we ɛn ɛp dɛn pipul dɛn den dɛn kin bi rich ɛn pisful divɛlɔp neshɔn. Raw Veganism na ki fɔ dɛn if dɛn chenj dɛn we.

Dɛn bin pul dis notis we de dɔŋ ya na di ɔfishal ɔgan fɔ di Vegan Society, Gret Briten (Sɛptɛmba 1964): “Di bad bad tin we i lɔs in bɔy pikin we ol 10 ia ɛn in gyal pikin we ol 14 ia bay wetin i kam fɔ no as it we nɔ de na di wɔl, . mek Arshavir Ter Hovannessian mek wan dip stɔdi bɔt it — di rizɔlt na ‘RAW-EATING’, wan buklet (7/2d) we wi gladi fɔ gɛt frɔm Tehran.

Insay wan we we go mek wi biliv, i de pwɛl klos to ɔl di tin dɛn we wi bin dɔn tink bɔt bɔt it, ɛn ivin vegans, wit dɛn it dɛn we dɛn kuk, kin fil se dɛn shek smɔl.

Nɔ nɔsɛns nɔ de bɔt sɛntetik vaytamɛn ɛn sɔntɛm insay in fɔthrayt adherence to raw it i kin dɔn sho di we rawnd di bogey fɔ vaytamɛn B12 ɛn ɔda 'essential' vaytamɛn dɛn.

Wi nɔ go ebul fɔ gi in agyumɛnt dɛn, bɔt na in gyal pikin, we ol siks ia Anahit, we nɔ ɛva it wan smɔl it we dɛn kuk ɔ we dɔn pwɛl na in layf, na strɛch pruf fɔ di efficacy of di it we i dɔn evolv, ɛn we wi kot ya..."

Dɔn dɛn kin print, in wan ol, di apɛndiks we dɛn gi na di ɛnd pan di buk, ɛn bak Anahit in pikchɔ.

*** .

Wilmslɔ, 20 Epril, 1964:

Tank yu plenti fo yu kainness fo sen wan kopi of Raw-Eating'. A shɔ se di aidia na basically sound ɛn wi no di immense remedial kwaliti dɛm fɔ wan raw food diet.

If yu laik foh sen mi wan foto foh yu fain gyal pikin Anahit (as na di bak kɔva), a go gladi fɔ pablish am na THE BRITISH VEGETARIAN leta dis ia togɛda wit apɛndiks frɔm yu buk.

GEOFFREY L. RUDD, Sɛktri & Ɛditɔ, DI VƐJƐTARIAN SƆSAYTI

Jɛfri L. Rud, Bank Square, Wilmslɔ, Chɛsha, Ingland.

*** .

Malaga, Me 28, 1965, insay di ia 1965.

Diya Padi, .

Duya, sɛn wi wan tɛm wan duzin kɔpi fɔ yu fayn fayn buk bɔt 'Raw-Eating'. Wi go sɛn mɔni kwik kwik wan we dɛn bil, pan ri-sɛl ret. Wi go de mek wan lekchɔ tour na Ingland & Wales dis Ɔtɔm, ɛn wi go op fɔ yuz di buk fɔ gud advantej de.

H. JAY DINSHAH, Prɛsidɛnt, DI AMERIKAN VEGAN SƆSAYTI, H.Jay Dinshah, Prɛsidɛnt. Malaga, Nyu Jɛsi, Amɛrika

*** .

Di layt Dɔktɔ Bircher-Benner in pikin, Dɔktɔ Ralph Bircher, bin put a siks pej lida atikul na DER WENDEPUNKT, di ɔgan fɔ di Bircher-Benner Klinik na Zurich (May, 1964), ɔnda di taytul "Alles-oder-nichts-Lehren fiber Ernahrung" (Ɔl ɔ Natin-Dɔktrin ɔf Nutrition), we dɛn kin sɔmariz roughly lɛk dis:

"Na tu difrɛn kɔna dɛn na di wɔl, tu we de agens dɛnsɛf ɔltogɛda." dɛn dɔn put di tichin dɛn bɔt aw fɔ it fayn. Insay Kalifonia, wan man we nem Wirnitz we de tray fɔ no bɔt tin dɛn, dɔn mek wan paoda we gɛt 48 kemikal dɛn we dɛn miks, we nɔ gɛt wan teys. Wit dis atifishal 'fud' i de du ekspiriens pan 18 pipul we konvikt and, witout wet fo di rizolt, i de redi unfold di prospektiv to journalist ol tu prematurely." Afta i tok likl mo abaut di absurdities of dat so-called scientist, di reviewer kontiniu ;Na di ɔda say, wi gɛt na wi rivyu tebul wan smɔl buk wit wan tɔtal ɔpɔzit tichin bɔt it, we ripresent wan 'Ɔl-ɔ Natin' standpɔnt: Aterhov/Raw-Eating.Di pɔblikeshɔn gɛt sɔlid rizin, dɛn rayt am insay fayn fayn Inglish ɛn na sɔm pan tu big big Aminian volyum dɛn.
Wan de si insay de di prezɛns fɔ di pikin fɔ di ol ay kɔlchɔ na Aryana. Wit no smol self-confidence... i ripresent pure vegtebul nourishment as di most natura en di onli korekt fud fo di human being, en in wi kompromi-seeking ej i de du dis wit so fresh, downright superhuman absoluteness dat in ol probabiliti am go pe fɔ translet da smɔl buk de insay Jaman."

Afta we di rayta dɔn tɔk bak bɔt di impɔtant pɔynt dɛn we a bin de tink bɔt wan bay wan, i tɔk bɔt sɔm sayɛns tin dɛn we de tɔk bɔt mi;

"Ɔlrɛdi fɔti ia bifo naw, Walter Sommer bin de wɔnda wetin mek Bircher-Benner nɔ bin dɔn go so fa pan in we aw i de si tin as fɔ deklare raw it na di wangren tin fɔ it fɔ mɔtalman. Fɔ favɔret Aterhov na di tru tin se akɔdin to di las invɛstishɔn dɛn (Reader's Digest, Janwa

man dɔn rili liv pan (klose to klin) raw vegjetabul it fɔ wan milyɔn ɛn af ia ɛn dat mek, pɔsin kin tink se i dɔn rich in ays natura divɛlɔpmɛnt. In favɔrit fɔ Aterhov na di strɛch rializashɔn fɔ di prɛsɛn-de lɔk fɔ balans bitwin nyutriɛnt ɛn vaytamɛn dɛm, di 'stimulated angri', di 'period of latency (Dammerungszone) in ill health', di rol we 'terrain' de ple insay infɛkshɔn sik dɛm, di big ikonomi insay mɛtabolism we dɛn de it fresh vɛgɛtebul, di bayolojikal supɛri�riti f� vɛgɛtebul protin dɛm, spɛshal wan insay raw it, di integriti f� nyutrimɛnt dɛm, we n� f� nɛva pwɛl, ɛn di pr�spɛkt f� dis kayn nyutrish�n we di w�l-wayd s�t f� it. " .

Di pɔsin we rivyu di buk bin tɔk se man dɛn kin wev bitwin dɛn tu pol dɛn de we rili bad. Insay in opinion i go tan lɛk se i go rayt 'fɔ nɔ ɛva rɛst na di midul.' Ɛn i advays di wan we de rid fɔ tinap fa fawe nia Aterhov pas Wirnitz.

*** .

Ashingdon, Rochford, Fɛbwari 28, 1964.

Kushɛ Sa,

Tank yu fo sight of yu buk Raw-Eating'. If yu sabi wi list fɔ buk dɛn yu go no se wi gri wit ɔl wi at wit di men tin we yu de tink bɔt. Wi rili sɔri fɔ di we aw yu de si tin ɛn wi nɔ go ebul fɔ avɔyd, we wi tink bɔt wetin dis Kɔmni de du, gri wit wetin yu dɔn fɛn.

Wi lɛk di we aw yu de tɔk bɔt tin fɔ it fɔ pikin dɛn. I rili gud fɔ tru. I so tru se di yɔŋ pikin fɔ gɛt in natura l teist fɔ raw frut we dɛn dɔn mek bay wilful fɔ chenj di it dɛn we dɛn kuk. Ɛn wi gladi fɔ di kɔmprɛhnsiv we yu trit yu tɔpik, bikɔs insay di spɛs fɔ 53 pej yu dɔn rili briŋ fɔ bia ɔl di argumɛnt dɛn we de sɔpɔt, ilɛksɛf na frɔm di pɔynt fɔ si fɔ liv wɛlbɔdi layf, ɔ fɔ win ɛn/ɔ fɔ mek yu nɔ gɛt sik, ɛn tek in kɔnt di

di mɛdikal ɛn ikonomik implɛkshn dɛm, ivin tch pan di ethical outcome f
di wl as a whole.

...I sɔri fɔ no se di wan dɛn we go bɛnifit mɔtalman nɔ kin gɛt aklamashɔn ɛn ɔda (matirial) prayz pas dɛn wok tru 'di establishmɛnt.' If nɔto dat wetin pɔsin nɔ go ebul fɔ du wit ivin wan pat pan tɛn pan di ɔndrɛd tawzin paund dɛn we sayɛnsman dɛn kin gi fɔ 'risach' we bɔku tɛm dɛn kin jɔs drɔ blank afta wan tɛm, ivin if di rizɔlt dɛn nɔ rili du bad.

DI CW DANIEL KƆMPANY LIMITED Ashingdon, Rochford, Ɛsɛks, Ingland.

*** .

Mɛksiko, D. F. Epril 23, 1964.

Diya Mista Hovannessian:

Wi jɔs dɔn gɛt yu buk RAW-EATING' ɛn na insay a glimpse, a rialize se i rili intrestin ɛn yu rili de du fayn wok fɔ tray fɔ mek pipul dɛn biliv se di bɛst tin na fɔ fala di nature witout di absurd modifications we mɔtalman dɔn du wit am.

Ing. CARLCS PRIETO LOSANO we de wok fɔ di kɔmni. Jɛnɛral Manɛja.
INTA - AMERIKAN ASSN. FƆ SANITARI ƐNJINƐRI, Alfɔnso Ɛrɛra, 11-103, Mɛksiko 4, DF

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Friends Haus, Epril 13, 1964.

Yu buk bɔt Raw-Eating' kam na Friends Service Council ɛn a dɔn intres fɔ rid am. A go de sɛn am to di Library of Friends Vegetarian Society, usay a op se i go fayn fɔ ɔda pipul dɛn.
Tank yu fo di gud wok we yu don de du fo yu raitin en fo liv dis simpul we wit di raw natura fud dem. I tan lɛk to mi se na sayn fɔ op fɔ mek di wɔl it ɛn fɔ mek pis de na di wɔl. A biliv am

fɔ mek wi fil mɔ bɔt spiritual layt. Naw a na 'vegan' (vegetarian, a nɔ de tek eg, milk, ɔni ɛn ɔda tin dɛn), so a valyu yu sajeshɔn dɛn, ɛn a tɛl tɛnki se mɔ pipul dɛn de kam fɔ si dis as rayt we fɔ liv. Naw difrɛn sosayti dɛn de, pipul dɛn we de ɛp pipul dɛn we nɔ de it bif ɛn we lɛk pis, ɛn dɛn wan ya fɔ ɛp fɔ mek di wɔl gɛt wanwɔd.

QUEENIE DAWE, padi dɛn os, Yuston Rd. Lɔndɔn, NWI

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Izrɛl, 22 Janwari, 1965.

Kushɛ Sa,

Afta wi don rid yu buk Raw-Eating', wi go laik fo rid yu oda buk dem fo Inglish... If pipul go onli tink and andastan se dem fit bi helti and hapi witout ol di rubbish we dem de tek insaid dia bodi! Yu na prɔfɛt fɔ wi tɛm.

M. NEZAH, Dɔktɔ Ɔf Naturopati, Prɛsidɛnt. Izrɛl Naturopatik assn.
Nezah Estate, Mishmar Hashiv'a, Izrɛl.

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Kushɛ Sa:

A don rid yu buk Raw-Eating' en a laik am bad bad wan. I rili intrestin pan ɔltin, bikɔs dɛn fɔ it di it lɛk aw nature de mek am.

Yu fawndeshɔnal pɔynt dɛn na di sem wit di wan dɛn we a dɔn sɔpɔt na mi buk ɛn raytin dɛn, lɔng tɛm bifo... A go lɛk fɔ translet am to Spanish, if yu aksept di aidia. If yu nɔ min, duya sɛn wan kɔpi to mi fɔ misɛf. A de du wan rivyu pan am fɔ wan Spanish magazin: Bionomia, we dɛn pul na Madrid, Spain...

A. Severon, Dɔktɔ fɔ Naturopathy, Kɔlunga, La Riera, Spen.

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Bɔston, Julay 5, 1966.

Wi de grit Mista Aterhov:

We yu put am insay yu go si tɛn dala fɔ sɛvin pan yu buklet dɛn we gɛt di taytul Raw-Eating'. Dis go lɛf tri dala balans fɔ kɔba di kɔst fɔ sɛn bɔku pan yu bulɛtin No.1 as yu ebul.

Wi rili intres pan yu bulɛtin nɔmba 1 bikɔs na wi intenshɔn fɔ sɛn wan kɔpi pan am to di bɔku pipul dɛn we de rayt to wi bɔt dɛn wɛlbɔdi prɔblɛm. Wi fil shɔ se i go bi blɛsin fɔ bɔku pipul dɛn.

Wi go gladi if yu gi wi di rayt fɔ mek mimeograph kɔpi fɔ yu bulɛtin nɔmba 1 bikɔs, fɔ tru, wi nɔ go tink bɔt fɔ du dis if yu nɔ gi wi di rayt fɔ du am. If dɛn gi wi permishɔn wi nɔ go ad ɔ pul wan wɔd. Wi na Nɔn-Profit Ɔganayzeshɔn ɛn wi rili want fɔ ɛp mɔtalman we de sɔfa fɔ fɛn dɛn we bak to di wɛlbɔdi we nature bin want wi fɔ gɛt. Wi biliv tranga wan se na di sem tin we de mek yu want fɔ du sɔntin bak.

A op se, mi dia Mista Aterhov, yu go gi dis yu pasɔnal atɛnshɔn ɛn mek a yɛri frɔm yu bay ɛya mail as soon as i izi fɔ yu fɔ du dat. Wi go gladi bak if yu put sɔm pan yu bulɛtin nɔmba 1 insay yu ɛya mail lɛta."

Fɔunda, DI RISING SUN, NƐSHƆNAL MƐDIKAL- FIZIKAL RISACH FƆNDƐSHƆN, INC.

Ɔganayz insay 1908 as di «Fundamental Risach Sɔsayti» bay Nikola Tesla, Tɔmɔs Ɛdisɔn ɛn Fransis Richad. ANN WIGMORE, we na di DD Eksekyutiv Prɛsidɛnt, 25 Ɛksɛta Sɛnt Bɔston

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Los Anjɛlis, Jun 23, 1966.

Mi dia Frater:

I nɔ tu te yet we di rayta kam fɔ gɛt yu buk we yu rayt wit sɛns ɛn we de mek yu no mɔ, we gɛt di taytul Raw-Eating', ɛn i dɔn rili ɛnjɔy fɔ rid am. I want fɔ kɔle yu wit ɔl yu at fɔ dis prɛzɛntɛnshɔn we yu dɔn lan, ɛn mɔ fɔ yu kɔrej sɔpɔt ɛn ɛndɔsmɛnt fɔ it it dɛn we nɔ kuk, natura l.

Dis it prosidur dɔn te we dɛn dɔn rili sɔbskrip to, infakt, we i bin de du fɔ mek ilɛktro-magnetik tritmɛnt inschrumɛnt, i rayt sɔm it fɔ dɔktɔ ɛn nɔs dɛn lɛk 40 ia so bifo ɔ insay 1926, we bin rikɔmɛnd fɔ mek 'raw' bɔku. it dɛn we de na di it we dɛn kin it ɛvride...

Di rayta bin du lɔng risach bak pan di fil dɛm fɔ ilɛktromagnetik emaneshɔn ɛn redyushɔn, ɛn leta pan di impɔtant sɔbjɛkt dɛm fɔ agrikalchɔral kemistri, we involv nɔto jɔs kwantiti, bɔt kwalitatif rikwaymɛnt fɔ mit di alarming nid dɛm fɔ mɔtalman tide...

Bifo wi go bifo, lɛ wi aks if ɛni wan pan yu fɔs volyum dɛn bin de rayt insay Inglish? Dɛn si se dɛn bin de rayt wan pan dɛn insay Aminian. If na so, di pɔsin we rayt di buk go lɛk fɔ stɔdi di sem tin so dat i go no gud gud wan fɔ ɔndastand di wok we yu rili rɛspɛkt fɔ ɛp pipul dɛn.

Bay we fɔ ɛksplen, lɛ dɛn se di pɔsin we rayt di buk dɔn devote bɔku tɛm ɛn tray fɔ dɔn wan kɔmprɛhnsiv tritiz, dat na bɔt we dɛn dɔn dɔn, we gɛt di taytul The Supersensible Rescue of Man', we rili kɔba wan dip tɔpik...

Bifo yu stɔp dis mis, yu tink se di pɔsin we rayt yu buk go tɔk se yu buk na sɔntin we dɛn valyu to mɔtalman ɛn i fɔ mek bɔku pipul dɛn rid am ɛn stɔdi am? Man nɔ de tink se plant layf na di wangren it faktri we de satisfay, ɛn di animal ɔ in nɔ go ebul fɔ de if di plant nɔ de, fɔ mek ɛn gi insay assimilable fɔm di impɔtant minral ɛn ɛsin dɛn we de insay ɔrganik stet fɔ in sustenans. I tan lɛk se i stil de tek am

'raw' as nɔ rifin, kruk, nɔ fit ɛn nɔ rɛdi fɔ in yus ɔ ɛnjɔymɛnt...

As di bigman we nem Dɔktɔ Alɛksis Karɛl bin rayt bɔku bɔku ia bifo dis tɛm: 'Man dɛn nɔ go ebul fɔ fala di sivilizayshɔn we de naw lɛk aw i de du naw, bikɔs dɛn de pwɛl. Dɛn dɔn rili kɔle di fayn fayn sayɛns dɛn we de tɔk bɔt tin dɛn we nɔ de wok. Dɛn nɔ ɔndastand se dɛn bɔdi ɛn kɔnshɛns de ɔnda natura lɔ dɛn, we nɔ klia pas, bɔt we nɔ de stɔp lɛk, di lɔ dɛn na di saydrial (astral) wɔl. Dɛn nɔ ɔndastand bak se dɛn nɔ go ebul fɔ pwɛl dɛn lɔ ya if dɛn nɔ pɔnish dɛn. So, dɛn fɔ lan di rilayshɔnship dɛn we nid fɔ de bitwin di kɔsmik yunivas, wit dɛn kɔmpin mɔtalman, ɛn fɔ dɛn insay, ɛn bak di wan dɛn we de bitwin dɛn tisu ɛn dɛn maynd. If i fɔ pwɛl, di fayn fayn tin dɛn we de na di sivilizayshɔn, ɛn ivin di big big tin dɛn we de na di wɔl, go dɔnawe wit am.' Bɔku tɛm, Dɔktɔ Karɛl kin tɔk bɔt di tru tin we se fɔ bil mɔ ɛn mɔ big big ɔspitul dɛn nɔ de win di nid fɔ dil wit di tin dɛn we kin mek pɔsin gɛt prɔblɛm pas fɔ kɔnti

So wi gɛt bɔku tin fɔ du fɔ tich mɔtalman ɛn fɔ go bak to natura fawndeshɔn, kɔmɔn sɛns ɛn fɔ du wi wok ɛn rispɔnsibiliti.

Dɔktɔ ARIHUR B. WALKER, 439 S. Sherbourne Drive, Lɔs Ɛnjɛls, Kalifɔnia Amɛrika

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Allegany, NY Ɔktoba 28, 1966.

Diya Mista Atɛrɔv, .

Wan pan yu buk dɛn 'Raw-Eating' dɔn kam na mi an ɛn na mi de i bin rili kɔle di tin dɛn we de insay; sote, dat a don adopt di Raw Eating rejim. A gɛt fam ya usay a de mɛn mi yon frut, nɛt ɛn vɛjitebul ɔganayz wan, ɛn a intres fɔ ɛp ɔda pipul dɛn tru Raw Eating fɔ gɛt pafɛkt wɛlbɔdi; so wit dis na mi maynd a de sen yu bank draft fo $20.00 fo kova pe fo 30 kopi of

yu buk. Also go apres sevral kopi fo yu buletin No. 1 fo giv out to mi padi dem...

A go du ɔl wetin a ebul fɔ mek pipul dɛn no bɔt yu buk na dis kɔntri bikɔs i dɔn ɛp mi fɔ fɛn gud we fɔ gɛt rial wɛlbɔdi. A gɛt big pipul dɛn we de fala mi ya na Amɛrika ɛn a de dediket fɔ di wok fɔ GUD HEALTH tru rayt it ɛn liv. Mi na mɛmba fɔ di American Natural Hygiene Society. A gɛt di intenshɔn fɔ kɔntinyu fɔ spre di gospel fɔ Raw-Eating' tru yu buk ɛn biliv se i go briŋ bɔku ɔda ɔda ɔda tin dɛn we bɔku fɔ yu buk. A gɛt fayn fayn fam ya, ɛn if yu kam na dis kɔntri, yu wɛlkɔm fɔ kam de as mi gɔst.

Mista.AJRUGGIERI, W. 5 Mayl Rd. Allegany, Nyu Yɔk. Prɛsidɛnt of GOOD GUYS OF THE GLOBE "Pis: Gud Wil Towards Man".

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Meadows of Dan, Sɛptɛmba 1, 1966:

Diya Padi, a na vegan ɛn raw fooder, a de prich ɛn tich dis. A fɛn yu bulɛtin nɔmba 1 na di Maunt Zayɔn Ripɔta ɛn a kɔt am ɛn mek riprint fɔ gi fri... A tramp yu fut bay we a du dis we a nɔ aks yu, ɛn yu gi mi rayt fɔ print mɔ pan dɛn tin ya fɔ gi fri to mi sik padi?... A gɛt wan prɛshɔ buk we nem 'Nature The Healer' we Jɔn T. Rikta rayt, bɔt a nid fɔ si wetin yu se. Duya una sɛn mi 'Raw-Eating', ɛn if dis ikwal to Nature The Healer a go nid bɔku pan dɛn fɔ gi mi kɔmpin man dɛn. Mi na trakt rayta bak, bɔt a nɔto dɔktɔ...

Disɛmba 11, 1966:

A bin gladi pasmak fɔ gɛt di buk dɛn wit yu gud lɛta... Padi, a tink se yu buk na tops; A bin de luk fɔ wan we smɔl pas Nature The Healer. No wok nɔ de we bɛtɛ pas fɔ mek pipul dɛn no bɔt di valyu we raw it gɛt. A tink se yu buk de sav mi nid naw, as moch as di big buk, en i bring out mo gud tins tu. Yes, a kin yuz di buk dɛm we yu sɛn... A nid sɔm mɔ pan yu

buk dɛn. a go na mishɔnari trip na Flɔrida ɛn a kin yuz bɔku pan yu buk dɛn na dis tour. A de aut fɔ spre raw-it insay dis fɔm, ɛn dɛn kɔl mi bak fɔ tek sɔm kes dɛn ova fɔ gɛt dɛn pan raw it. Rayt naw wan uman de ledɔm we i de day, i dɔn lɛf smɔl fɔ lɛ di dɔktɔ dɛn gi am fɔ day. I de beg mi fɔ ɛp am fɔ gɛt di it, a op fɔ du dis jisnɔ...

Misis I. W. Karɔl, Bɔks 240, Mɛdɔs ɔf Dan, Va. Amɛrika

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Izrɛl, Ɔgɔst 22, 1966:

Rili Diya Mista Aterhov. Na wit big gladi at se tide a dɔn rid yu fayn fayn buk RAW-EATING'. If wan de mɔtalman go ɔndastand di impɔtant tin we natura l it impɔtant, dis go bi di biginin fɔ wan nyu tɛm na di istri bɔt mɔtalman layf; i go jɔs bi di PARADAIS.

Wit yu permishon, mek a introdyus mi sef. Mi nem na Josɛf Rezɔn, a ol 43 ia, a kam na Izrɛl tri ia bifo ɛn a de wok as dɔktɔ na di Kupat Holim Mɛdikal Ɔganayzeshɔn. A nɔ kin fil gladi pan mi rutin ɛvride wok, bikɔs a gɛt fɔ gi mi drɔgs (pɔyzin). Pan ɔl we a de tray fɔ prɛskrib di lɛst amɔnt (primum non nocere), a nɔ satisfay wit di prɔsis we a de du fɔ push pɔyzin! A fɔ wok bikɔs a na man we mared! Mi wɛf kɔmɔt na Teheran... Afta a dɔn rid yu buk, a tink fɔ rayt to yu ɛn aks if yu kin sɛn sɔm buk dɛn na di Pashian langwej fɔ mi wɛf to wi. A shɔ se if i rid bɔt natura it ɛn di ifɛkt we i gɛt pan mɔtalman ɔrganizm, i nɔ go dea fɔ fid wi pikin (wi de ɛkspɛkt pikin) wit day ɛlimɛnt dɛn!

a wan gi yu sohm ditel boht mi aktiviti dem na Istanbul sohm ia bifo. Mi na bin di Jɛnɛral Sɛktri fɔ 'The Turkish Vegetarian-Hygienist Society' ɛn a bin bi wan pan di mɛmba dɛn we bin de wok tranga wan fɔ di muvmɛnt. Na de di Mɛdikal Ɔganayzeshɔn ɛn di Kwɛmyuɛl Indastri bin si wan denja na wi vegjetarian muvmɛnt fɔ dɛn pɔyzin ɛn as Ju a na bin di wikɛd pɔynt we dɛn bin si se i i

bin du bɔku bad tin to mi pɔsin ɛn a bin gɛt fɔ lɛf sote go na di kɔntri usay dɛn bɔn mi, usay a bin dɔn stɔdi ɛn usay a lɛk in pipul dɛn. Bɔt a bin gɛt fɔ kam na Izrɛl. Laki, na ya wi kin tɔk ɛn rayt fri wan bɔt vegetarianism ɛn natural living. I pas 20 naturopathic dɔktɔ dɛn ɛn wi gɛt bak wan vilej we de it bif, AMIRIM, nia di siti SATAD na di Galil mawnten dɛn!

Wan wik bifo a bin go na dis ples fɔ di sɛkɔn tɛm, a bin de fil gladi ɛn a bin want fɔ de ɛn liv de. Bɔt fɔs a fɔ mek mi wɛf biliv. Duya, a de beg una fɔ sɛn sɔm buk dɛn we de insay Pashia bɔt di tɔpik to mi.

I bin fayn fɔ luk ANAHIT in pikchɔ, so charming ɛn gɛt wɛlbɔdi. Wan kin fil in wɛlbɔdi bay we i jɔs luk in pikchɔ.

Novɛmba 12, 1966:

I bin rili gladi fɔ gɛt yu buklet we rili intrestin we nem Raw-Eating' insay in Pashian vɛshɔn. A gladi fɔ una ɛn a op se mi wɛf go ɔndastand di tɔpik mɔ. A op bak se mi pikin go gɛt fridɔm frɔm di bad tin we it we dɛn kuk, we nɔ natin kin du!...Pan ɔl we a de wok na di mɛdikal ɔganayzeshɔn a de kia fɔ pipul dɛn we want fɔ fala wan we fɔ liv fayn fayn wan. We a bin de na Turkey a bin de tek kia of mi pesin dem as natura hygienist. Naw na Izrɛl a gɛt fɔs fɔ mek a liv, so a fɔ wok na di ɔganayzeshɔn we de mɛn pipul dɛn.

I nɔ go te igen, a go gɛt fɔ wok na di say we nɔ gɛt drɔgs nɔmɔ. Bɔt if yu nɔ gɛt wɛlbɔdi risɔt dis nɔ go satisfay inof, so togɛda wit sɔm naturopathic dɔktɔ dɛn wi de luk fɔ pipul dɛn we rɛdi fɔ ɛp wi! A op se insay di nɛks tɛm a go tɛl una mɔ bɔt am.

Dɔktɔ JOSƐF RAZƆN, 170/2 Arlozorov Sɛnt Kiryat- Malakhi, Izrɛl

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Baldwin Pak, Kalifonia Epril 14, 1966.

Diya Padi:

A bin gladi fɔ si yu atikul bɔt Raw-Eating na di 'Maunt Zayɔn Ripɔta' na Jerusɛlɛm, Izrɛl. Di Ɛditɔ na mi brɔda. A gladi we yu tɛl bɔt yu buk na in pepa. A rili intres pan mɔ buk dɛn bɔt raw it, so a de sɛn mi ɔda, mi fɔs wan, as a gɛt di intenshɔn fɔ spre dis trut we a rili nid.

Jun 20, 1966, insay di ia 1966.

A bin gɛt yu valyu buk dɛn. Na jos wetin a nid... A valyu di buk dem plenti, en op se plenti pipul na difren neshon go fain dem as a bin fotunate fo du so...

Novɛmba 13, 1966. A gladi se a kin ɔda sɔm mɔ pan una buk dɛn naw, Raw-Eating'. Na dɛn pipul dɛn nid. A bin want fɔ sɛn dis ɔda kwik kwik wan, bɔt a wet te a ebul fɔ kip di mɔni. a tink se neks taim a kin oda kwik, as a geht sohm tin we dem tek kia of... A de liv mi wan, a go geht 89 ia na di 5th of Feb. 1967, so a no kin geht aut wit di buk dem en sel dem as wan yɔŋ pɔsin kin ebul fɔ du am. A de rayt mi nem ɛn adrɛs na di buk dɛn ɛn lɛnt dɛn to di wan dɛn we go rid dɛn. a wan mek di buk dem muv arawnd so a no kin gi dem aut fo le arawnd sohmbodi os... A don de trai fo folo di natura fud we as bes a bin sabi fo klos ol di

las tu ia. A bin wok na mi gadin ɔl dis fɔnun, ɛn a nɔ taya...

ORAF. KAPƐNTA, Kalifonia Amɛrika

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Albata, Epril 9", 1966.

Kushɛ Sa,

Mi na rida fɔ 'Mount Zion Reporter', ɛn a intres pan di atikul `Value of Raw Food'. A ol 75 ia YƆNG, ɛn natin nɔ de fɔ mek a lɛk fɔ bɛnifit frɔm di kwaliti dɛn we di raw it it gɛt. A bin dɔn bi atlet trade trade—bɔt a bin de gi mi layf to di it dɛn we dɛn kin kuk.

Di prɔblɛm na fɔ gɛt di kɔrɛkt kayn vɛjitebul ɛn frut dɛn—we nɔ gɛt minral injɛkshɔn, ya na Kanada.

JƆJ BƐN SƆDALAND, insay Kanada.

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Swansi, Mach 1, 1964.

Diya Mista Atɛrɔv, .

Ali insay Janwari, we yu de wach di 'TONIGHT' program on mi tɛlivishɔn sɛt, a bin gɛt ilɛktrik we a si yu buk, ɛn we a yɛri sɔm pat dɛn we dɛn rid frɔm am. A bin rili want fɔ gɛt wan kɔpi fɔ yu buk. So a rayt op to di BBC fɔ di ditel dɛn we nid fɔ di pɔblisha, ɛn ɔda tin dɛn Alas, dɛn bin tɛl mi, as tɛm de go, se i nɔ go ebul fɔ gɛt am na dis kɔntri. Bɔt dɛn sɛn di wangren adrɛs we dɛn gɛt to mi, so a disayd fɔ rayt to yu if na fɔ tɛl yu tɛnki ɛn wish yu ɔl di sakrifays fɔ mek yu no bɔt yu mɛsej. A gri, wit ɔl mi at, se fɔ adikshɔn to it na di bad tin pas ɔl di bad tin dɛn we pɔsin kin du. Dis kin bi difrɛn wɔl, if mɔtalman chenj in it kɔstɔm lɛk aw dɛn ɛnkɔrej am na yu buk. Yu ɛgzampul na di ay ay tray fɔ mɔtalman gud na di wɔl tide. Hail to yu—di suprɛm Prɔfɛt fɔ dis tɛm...

Epril 29, 1964. Na bin fayn de las Wednesde we yu buk ɛn lɛta kam. I dɔn absɔb, ɛn sɔntɛnde i kin mek a sɔprayz. Di tin we pas ɔl na dat, i dɔn mek a no mɔ ɛn mek a gɛt maynd bak. Frɔm we a bin smɔl, we a bin de mɛmba bɔku kot dɛn na Sɔnde skul, a bin de luk fɔ di TRƆT. ('Una go no di trut, ɛn di trut go mek una fri'). Di fɛn bin lid mi tru difrɛn chɔch dɛn, to Rationalism, dɔn to Vegetarianism wit Food Reform ɛn Nature Cure ɛn, te go to Theosophy wit di onli akseptabl (to mi) ɛksplen fɔ layf in prɔblɛm dɛn—Karma ɛn Riinkarnɛshɔn. Na big big waka i dɔn bi. Ɛn na ya, las las, we a de luk yu buk, a fil se `DIS NA IT'. Tank yu fo dis kain wondaful gift, en treasure yu leta tu...

Febuwari 3, 1966. I bin rili gladi fɔ yɛri frɔm una bak, ɛn fɔ lan frɔm yu liflet bɔt di bɔku sakrifays dɛm we di wan dɛm we de fala yu ɛgzampul dɔn ajɔst... Yu go intres fɔ no bɔt mi yon granpikin. I bin gɛt wan nervɔs brekdɔwn insay 1964, ɛn i bin de na wan Mental Ospital fɔ shɔt tɛm. Jɔs afta i kɔmɔt, a bin ebul fɔ sɛn am wan kɔpi fɔ yu buk... I tek to Raw-Eating lɛk dɔk fɔ wata, ɛn mek wan fayn fayn rikavari. I chenj di we aw i bin de si tin ɛn di we aw i bin bi, ɛn naw i de go bifo pan in stɔdi. I na art studɛnt na Manchester Yunivasiti.

Misis Gena Harries, 11Hston Ples, Wɛst Kros, Swansi, Glamorgan, Ingland.

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Sawt Si, Fɛbwari 20, 1964.

Kushɛ Sa,

I go obliged if yu go gi mi ditel bɔt aw fɔ gɛt di buk we dɛn kɔl 'RAW- EATING' we ATERHOV rayt. Di British Brodkas Kɔpɔreshɔn na Lɔndɔn gi mi yu adrɛs as dɛn tɛl mi se dɛn nɔ go ebul fɔ gɛt di buk insay Briten. A go rili lɛk fɔ gɛt wan kɔpi.

19th March, 1964. Bɔku tɛnki fɔ yu buk bɔt Raw-Eating' we a bin gɛt las Tɔsde, di 12th Mach. Di tin dɛn we de insay yu buk na bin rili rivyu to mi, di buk we fayn pas ɔl we a dɔn ɛva rid bɔt di nid ɛn tin dɛn we mɔtalman nid. A bin tink bak se di tɔpik fɔ di buk bin rili kɔmɔt na di buk ɛn i bin rili tɔch mi at ɔlsay. A gladi fɔ di lɔng we a bin de stɔdi ɛn di tɛm we dɛn go dɔn spɛn fɔ mek di buk ɛn pripia am. Dis na rili po ɛksprɛshɔn fɔ aw a rili fil bɔt am ɛn a go du mi bɛst fɔ mek ɔda pipul dɛn intres, bɔt i nɔ go izi fɔ no wetin pipul dɛn bi ɛn aw dɛn nɔ want fɔ chenj dɛn abit, mɔ fɔ it wan dɛn. Bɔt pan ɔl dat, a go tray tranga wan fɔ mek dɛn biliv ɛn mek dɛn sɛn fɔ yu buk... If yu intres, a go mek yu no wan wan tɛm aw tin de go...

Misis V. M. Snɛli, 26 Viktoria Rd. Sawt Si, Hants, Ingland.

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Santa Rosa, Novɛmba 27, 1964.

Kushɛ Sa,

A bin gɛt di gladi at fɔ rid yu buk, 'Raw-Eating', ɛn a go rili lɛk fɔ gɛt wan fɔ mi yon. Afta a tɔk bɔt am wit tu pan mi padi dɛm, dɛnsɛf, intres fɔ gɛt wan, so a de ɛnklɔz mɔni ɔda fɔ $4.50 fɔ tri buk... A de wɔri pas ɔl fɔ gɛt dɛn buk ya... Mi na 100 pasɛnt 'raw fooder', ɛn a de spre di gud wɔd bitwin di wan dɛn we intres. Raw it dɛn dɔn sev mi layf.

Janwari 21, 1965:

We a gɛt 15 kɔpi dɛn fɔ 'Raw-Eating' wit invɔys we dɛn ataya fɔ aks fɔ di sɔm we na $10.00, a de ɛnklɔz wan bank draft... plus wan ɔda $10.00 fɔ 15 ɔda kɔpi dɛn fɔ Raw-Eating.' "A rili gladi fɔ di chans fɔ ɛp pipul fɔ ɔndastand di nid fɔ it raw it, tru dis big wok we una de du. Tɛnki."

Fɛbwari 2, 1965:

Wan kɔpi fɔ 'Let's Live' Magazin na yu yon fɔ rid Martin Reinecke in yon atikul, `Adventures in Raw Foods'.

Dis mɔnt in isɔ de kɛr mi lɛta we de tɛl aw mi ɛn mi man bigin fɔ it 100 pasɛnt raw it. Wi rili gɛt zil fɔ dis ɛn wi go kɔntinyu fɔ ɛp Martin fɔ mek pipul dɛn no bɔt dis we fɔ it, as wi ebul.

Yu oun buk, `Raw-Eating', na jos terrific. A rili gladi fɔ sheb am to pipul dɛm we de luk fɔ dis no. Na tru se dɛn rili smɔl dis tɛm, bɔt a biliv se as tɛm de go di ɔndastandin go kam to bɔku pipul dɛn. We wi de wok kwayɛt wan wit di wan dɛn we go lisin, dat kin rili satisfay wi.

Me 6, 1965:

A geht yu leta we yu de rikwest di bak ishu dem fo 'Let's Live' bot mi am sorry di Health Food Store don sel ol di kopi dem. A de sɛn di May isɔ to una ɛn a go kɔntinyu fɔ sɛn di isɔ dɛn we de dɔŋ ya pas yu want fɔ tek sabskripshɔn.

A sɛn wan kɔpi fɔ yu lɛta to Martin Reinecke fɔ kɔrɛkt in Fɛbwari atikul lɛk aw dɛn bin tɔk.

A go intres fɔ gɛt wan kɔpi fɔ yu sɛkɔn volyum we i dɔn. A dɔn gɛt gud sakrifays fɔ sɛl yu fɔs volyum ɛn a go want fɔ kip sɔm na mi an.

Misis Hɛlɛn M.Bulbɛk, 818 Chɛri Sɛnt Santa Rosa, Amɛrika

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Venis, Kalifonia, Sɛptɛmba 29, 1964.

Diya Mista Atɛrɔv, .

Tank yu plenti fo tu kopi fo yu buk `Raw-Eating' a enjoi rid am plenti.

A bin stɔp fɔ it tin dɛn we dɛn dɔn kuk fayv mɔnt bifo dis tɛm. A ol 31 ia ɛn a rili fil fayn. Evri oda de a ron 2-5 mayl na di bich, swim, hike na di mawnten. Tri wiks bifo a bin waka go ɔp Mawnt Witni insay wan de. Di rod fɔ go rawnd na 26 mayl ɛn di mawnten insɛf ay pas 14,500 fit. Mi puls ret na 58-60. A de tɛl una ɔl dis fɔ mek una no se it we dɛn nɔ kuk na di ansa to ɔl di, sɔfa we mɔtalman de sɔfa.

a kin geht bohku intres foh sel yu buk na Amerika (en sohmtem na Kanada). Duya mek a no aw bɔku yu de aks fɔ 500 ɔ 1,000 kɔpi...

Fɛbwari 6, 1966:

Mi ɛn mi wɛf dɔn de lɛk tu ia so naw fɔ it 100 pasɛnt raw it it wit di bɛst rizɔlt. Enclosed A de sɛn wan atikul to una, we Shirley, mi wɛf rayt, ɛn we dɛn print insay 'LET'S LIVE' magazin, Julay 1965. Wi alaw una fɔ yuz dis atikul ɛn di pikchɔ dɛn we de nia am.
Wan pan di pikchɔ dɛn na wan pan wi padi we wi rili lɛk we na raw-vegan.
I de fɛt layɔn (Afrikan) wit in an, ɛn dɛn layɔn ya gɛt ɔl dɛn tit ɛn klos. MICKEY SOLOMON na in nem.

Wi nɔ ɛva fil fayn so na wi layf frɔm we wi de it wi it raw. Yu buk na di bɛst buk we wi gɛt bɔt raw it, ɛn wi kin rid yu buk bɔku tɛm. Wi go lɛk fɔ mek pipul dɛn no bɔt di tru tin bɔt raw it... Wi tink se yu fayn fayn buk fɔ mek bɔku pipul dɛn gɛt am.
Enclosed na $20.00 mɔni ɔda...

Misis Shirley & Mista Thorwald Boie, 1015 Venis Blvd. Venis, insay Ka.
USA.

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Kɔlumbia, S .C., ɛn ɔda pipul dɛn. Janwari 7, 1965:

A bin rili ɛnjɔy wan atikul bɔt yu smɔl buk we nem RAW-EATING' insay Let's Live Magazine- Disɛmba 1964. A rayt to di pɔsin we rayt am, we nem Martin J. Fritz, ɛn i advays mi fɔ rayt to di British Vegetarian Magazine ɛn dɛn in turn gi mi yu adrɛs...

WƐF. IRENE GOLEMON, we kɔmɔt na Amɛrika A

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Ekstrakt frɔm wan lɛta we wan jentlman na Abadan rayt, afta a dɔn rid mi Pashian buk:

Abadan, 25 dez insay Julay, 1965:

Diya Mista Atɛrɔv, .

Yu smɔl buk dɔn briŋ big chenj na mi maynd, so a dɔn ɔlrɛdi tek misɛf as pɔsin we de it raw. a nɔ no

aw fɔ tɛl yu tɛnki. I nɔ go ɛgzajarayt fɔ se a gɛt fɔ pe mi layf to yu.
Yu na di Jizɔs we de na wi tɛm, we de gi layf to di sik pipul dɛn ɛn di wan dɛn we dɔn day, ɛn aw na swit layf at dat!... I tan lɛk se a nɔ biliv se pɔsin kin rid yu buk ɛn nɔ chenj in we fɔ liv.

SADARAT, Abadan,Pashia, we de na di kɔntri.

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Afta dɛn dɔn pul mi big volyum insay Amɛnian, raw-
it dɔn de gɛt bɔku pipul dɛn we de fala am na Aminia.

Yerevan, 24 dez insay Mach, 1961.

Diya Mista Hovannessian, .

Di Sɛntral Laybri fɔ di Akademi fɔ Sayns na Aminia dɔn gɛt tɛnki fɔ di fɔs volyum fɔ yu wok we gɛt di taytul Raw-Eating. Fɔ mek wi go ebul fɔ satisfay di tin dɛn we bɔku pipul dɛn we de rid yu wok we gɛt di taytul “Raw Eating” want, duya sɛn fayv kɔpi dɛn fɔ di fɔs volyum to wi, bikɔs di tu kɔpi dɛn we dɛn dɔn sɛn dɔn de ɔlsay ɔltɛm ɛn dɛn kin delay bɔku tɛm mit di dimand dɛm fɔ bɔku bɔku rida dɛm."

DI AKADEMI ƆF SAYNS ƆF DI ARMENIA, H.MECHERIAN, Dayrɛktɔ fɔ di Kɔmplit Sɛkshɔn.

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Yerevan, 20th Novɛmba, 1961.

Diya Mista Hovannessian, .

Wi dɔn gɛt tɛn kɔpi fɔ di fɔs volyum fɔ yu wok we gɛt di taytul `Raw-Eating', we dɛn gi wi laybri, we wi rili gladi fɔ.

Yerevan, 16 Jun, 1965:

Di Dairekta fɔ di Stet Laybri na Aminia want fɔ tɛl tɛnki fɔ siks kɔpi dɛn fɔ yu buk we gɛt di taytul 'Along the Paths of Raw-Eating', we yu dɔn gi di Laybri.

Di nɔmba fɔ pipul dɛn we want fɔ it raw-it de go ɔp smɔl smɔl ɛn bɔku pan dɛn want fɔ gɛt yu buk dɛn. Yu kin mek wi gɛt sɔm ɔda kɔpi dɛn fɔ yu buk ɛn magazin dɛn?

DI MINISTRI FƆ KƆLTƆR, ARMENIA, .

AM MIASNIKIAN STET LAYBRI ƆF DI RIPƆBLIK,

ARAZI TIRABIAN, we na Dayrɛktɔ.

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Afta dat, bɔku tɛm a dɔn sɛn twɛnti to tati kɔpi dɛn fɔ mi buk dɛn to dis laybri, witout expekt eni riton or kompens.
I sɔri fɔ no se bikɔs ɔf di prɔblɛm ɛn limiteshɔn dɛn we di Sɔviɛt Yuniɔn dɔn put pan pipul dɛn (diktatɔship agens prayvet tredin) a kin mit ɔl di rikwest fɔ buk dɛn we dɛn kin gɛt frɔm di Sɔviɛt Yuniɔn fɔ fri ɔl, ilɛksɛf dɛn kayn rikwest dɛn de kɔmɔt frɔm pɔblik institiushɔn ɔ prayvet pipul dɛn.

Sɔm pat dɛn frɔm wan lɛta we di Ɛminɛnt (Amenian pɔyt) rayt, Hovhannes Shiraz we de na di wɔl:

Yerevan, 4th Janwari, 1962.

Diya Tɛr Ɔvanɛns, .

Na bay chans nɔmɔ a kam fɔ si yu admirable buk we dɛn kɔl `Raw-Eating'. Yu dɔn disayd fɔ bi di big pɔsin we de sev di wan ol mɔtalman we gɛt af-af. Di tin we yu fɛn, we yu de it raw, na big tin lɛk di wan we big Darwin bin fɛn; fɔ tru, i big ɛn i de ɛp pipul dɛn, nɔto so, a fɔ se i de ɛp pipul dɛn pas ɔl di big big tin dɛn we dɛn dɔn fɛn insay di ia dɛn we dɔn pas. Bɔt, i sɔri fɔ no se, wan rɔk de we pɔsin nɔ go ebul fɔ win, tinap bifo yu. If na dis blayn bebi nɔmɔ, dis pipul we dɛn kɔl mɔtalman, we dɛn dɔn ful fɔ bɔku bɔku tawzin ia, f

kam to in sɛns, lɛf di faya ɛn fala yu along di prudɛnt rod we yu dɔn opin, na de di vaylɛns akt dɛn go dɔnawe frɔm insay di man. Bɔt mɔtalman, wit ɔl dis bɔku bɔku rays ɛn trayb, stil de tay faya, jɔs lɛk aw di mɔs de tay pan di rɔk. I nɔ de lɛf in kuk it we de briŋ day, ɛn i nɔ go lɛf am yet... Bɔt pan ɔl dat, a de kis yu brɔw we de sɔri ɛn gladi fɔ tink se dɛn bɔn yu as Amɛnian. Yu rili nɔ de day..."

Hovanes Shiraz, 20 Leninian Ave. Ɛrivan.

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Rayt frɔm we i smɔl di pɔsin we rayt di lɛta we de kam biɛn, na yɔŋ pɔsin studɛnt, bin dɔn sɔfa wit bɔku sik dɛn, lɛk mizɛl, skarlet fiva, mɔmp (parotids), malaria, angina, difrɛn kol ɛn kata, ia pen, tut pen, kɔnstipɛshɔn, dayarɛa, ɛmoroyd, apɛndiks ɛn inflamɛns na di gal-blad we nɔ de dɔn (kɔlesistaytis) . . Tide, raw-it dɔn mek i nɔ gɛt ɔl dɛn sɔfa dɛn de, ɛn i tɛl tɛnki fɔ dis layn dɛn ya:

Yerevan, 5th Fɛbwari, 1964.

Mi dia ticha, a de lɔs wɔd fɔ sho di filin fɔ tɛnki ɛn admireshɔn we a dɔn de ɛnjɔy to yu fɔ mɔnt naw, bikɔs ɔl wɔd dɛn tan lɛk se dɛn nɔ fit fɔ laf.

Bay wan singl majik muv yu kam fɔ dɔn di bad bad drim we bin de haunt mi layf, jɔs lɛk aw, no dawt, yu go du di sem tin fɔ ɔda pipul dɛn bak, te di rial kɔz fɔ da bad bad drim de dɔnawe wit-tanks to yu.

Yu kam fɔ pul da opin-ay blayndnɛs de, da shap-yes dɛfnɛs de ɛn da unconscious madness we a bin de insay, lɛk ɔlman.

Yu kam wit majik lamp fɔ pikchɔ agens di vault na ɛvin da fes we na bin mi yon ɛn we te da tɛm de a bin jɔs ebul fɔ drim ɛn tink bɔt.

A de butu bifo yu shayn figa ɛn grit yu as di man fɔ we a gɛt fɔ pe pas ɛni ɔda pɔsin.

A de butu bifo yu shayn figa ɛn grit yu as di hiro we in nem de tide ɔltɛm na di lip fɔ di wan dɛn we i dɔn sev, bɔt tumara i go de na ɔlman in lip.

A de butu bifo yu shayn figa ɛn grit yu as kruseda fɔ rial sivilizayshɔn, rial sayɛns, rial prɔgrɛs, ɛn as fɛtman fɔ brayt, sivilizayt, sayɛns fiuja.

Armen Vshtuni, Pɛspɛktiv Lɛnin 20, Ɛrivan, Aremenia.

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Yerevan, 29 dez insay Mach, 1964.

Diya Hovannessian, .

Jɔs sɔm layn fɔ mek yu no se raw-it dɔn gɛt ɔda rikrut, we in rizin fɔ adopt di nyu we fɔ it nɔto bay ɛni filin fɔ pwɛl at we sɔm sik ɔ ɔda wan kɔz, bɔt pan di ideal dɛm we yu gɛt frɔm yu big big tin dɛm .

A fɔ kɔnfɛs se bɔku tin dɛn de we de ambɔg mi we, bikɔs mi papa na bayolojist, we mi brɔda na dɔktɔ, ɛn na mi famili na mi nɔmɔ de it difrɛn (nɔmal) it. Naw na nayn mɔnt we a dɔn chenj to di nyu we fɔ it tin dɛn ɛn a de ɛnjɔy fayn fayn wɛlbɔdi. I tan lɛk to mi se lɛta dɛn lɛk dis, we de kam to yu frɔm ɔl di kɔna dɛn na di wɔl, go bɔku insay jɔyometrik prɔgrɛs ɛn yu nɔ go gɛt di fridɔm fɔ rid di layn dɛn fɔ tɛl tɛnki we dɛn adrɛs to yu. Di tin we yu go fɛn go go insay istri.

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18th Jun, 1965, ɛn di ɔda wan dɛn.

A de rayt frɔm Leningrad. A de kɔntinyu fɔ stɔdi na di Kɔnsɔvatori ya. Bikɔs a de wit yu ɔltɛm, a de sɛn mi bɛst wish to yu, a gɛt kɔnfidɛns fɔ biliv se tɛm de na yu sayd. Di mɛdikal ɛgzamɛn dɛn we mi brɔda kin du pan mi kin gi satisfay rizɔlt ɔltɛm. A kin rili fil fayn fɔ tru, pan ɔl we mi wet kin kɔntinyu fɔ go ɔp smɔl smɔl, bɔt fɔ tru.

H. SVATCHIAN, we de tɔk bɔt am.

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Yerevan, 6th Janwari, 1965.

Diya Mista Hovannessian, .

Na siks mɔnt naw we a dɔn de praktis fɔ it raw. De gɛt ful no bɔt di fayn fayn risepshɔn we dɛn gi yu buk na ɛvri pat na di wɔl, a nɔ want fɔ go insay di ditel dɛn ɛn ripit di ɔspitul ɛlɔji dɛn. Wi nɔ gɛt wan dawt fɔ se di kɔnsɛpshɔn fɔ raw- it na di big big win we mɔtalman maynd dɔn win di wan ol kɔs fɔ sivilizayshɔn.

A nɔ want fɔ rayt bɔt mi yon ɛkspiriɛns dɛn, bikɔs, . we a dɔn rid di pat dɛn we yu kot frɔm difrɛn lɛta dɛn fɔ tɛl tɛnki, a kam fɔ no se di we aw a de biev gri wit di we aw ɔda pipul dɛn we de it natura l it de fil.

di spɛshal minin na di saykolojik chenj dɛm we de fala wantɛm wantɛm, if f tru dɛn n de bifo, di fysiolojikal riakshn dɛm.

Alaw mi fɔ tɛl yu tɛnki fɔ di spɛshal gift we yu dɔn gi mɔtalman.

Vladimir Khachaturian, 38 Abovian Sɛnt Ɛrivan.

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Krismas mɛsej frɔm wan yɔŋ uman na Mɔsko :

Mɔsko, 20 Disɛmba, 1964.

Diya Mista Atɛrɔv, .

Na wit gladi at a de sɛn una di gritin fɔ di sizin, togɛda wit mi pasɔnal tɛnki ɛn mi bɛst wish fɔ di win we una big ɛn umanitarian wok win.

Yu pɔsin we de fala yu, we dɔn wɛl frɔm in lɔng ɛn siriɔs at sik.

Afta dat, insay wan lɛta we gɛt tɛn pej, i gi di ful stori bɔt am sik ɛn wɛl bɔdi, we dɛn tin ya na sɔm pan dɛn:

31st Mach, 1965:

A chenj to raw-eating insay Novɛmba, 1963. Frɔm da tɛm de a dɔn nɔ ɛva gɛt wan tɛm fɔ dawt. Dɛn tɛm dɛn de, a bin dɔn gɛt at sik we bin dɔn de fɔ nayn ia.

Bɔt lɛ a bigin frɔm di biginin. We a bin ol et ɔ nayn ia ol a bin geht wan atak na rɛumatism. Afta dat lɛk tɛn tɛm insay di ia a bin de gɛt laryngitis, influenza ɛn kol ɔf ɛvri diskripshɔn, we jɔs de las siks to tɛn dez. Smɔl smɔl, wan sik we dɛn kɔl kronik tonsilaytis bin de kam. We a bin ol fɔtin ia, dɔktɔ dɛn bin fɛn mitral valv lɛshɔn na mi at ɛn leta dɛn bin fɛn rɛumatik kaditis. We a ol fayvtin ia, dɛn pul mi tɔnsil dɛn. A bin de sɔfa ɔltɛm wit at pen fɔ lɔng tɛm, nyuraytis, we a nɔ ebul fɔ waka ɛn we a nɔ bin de slip. Di shɔt slip we dɛn bin de slip afta we dɛn bin de mek dɛn sɔfa fɔ lɔng tɛm, dɛn bin de drim bad bad drim dɛn. We a wek na nɛt, a bin de fred di daknɛs. We wi luk am ɔl togɛda, a bin de spɛn tri ɔ 4 mɔnt insay di ia na bed. Na wit bɔku prɔblɛm we a bin de klaym wan stej; A nɔ bin de ebul fɔ waka, ɛksesaiz ɔltɛm, swim, travul, rid, ɛn bɔku ɔda tin dɛn we a kin ɛnjɔy ɛn ɛnjɔy misɛf.

Dɔktɔ dɛn bin de kia fɔ mi ɔltɛm. Dem bin yus to 'cure' mi by min se dɛn kin yuz pyramidon, aspirin, antibayɔtik, analjɛsik, vasodilator, soporific ɛn ɔda kayn mɛrɛsin dɛn we tan lɛk dis. Mi ɔrganizm bin kɔntinyu fɔ protɛst insay a

sɔprayz we agens dɛn tin dɛn de ɛn mi kɔndishɔn bin de wɔs smɔl smɔl. Bikɔs a bin biliv se dɛn kayn mɛrɛsin dɛn ya nɔ go wok, a bin dɔn lɛf fɔ yuz dɛn ɔl.

Duya una fɔgiv mi fɔ ɔkup una atɛnshɔn wit da kayn minit de tin dɛn. I tan lɛk to mi se dɛn go intres yu, mɔ as di chenj apin insay wan we we go mek yu sɔprayz. A bin lɛf fɔ it tin dɛn we a kuk ɛn nɔ bin gɛt ɛni prɔblɛm. Raw nourishment wek insay mi wan fayn filin fɔ klin insay mi ɛn layt. Klosap wan nɛt mi at nɔ bin de wɔri mi. We fɔs a bin de fil pen na di rijyɔn na di at nɔto jɔs wan tɛm insay di wik, bɔt ɔlmost ƐVRI DE ɛn dat fɔ AWA ON END, insay di fɔs ia we a bin de it raw-it a nɔ bin de tek mi bed fɔ wan de , ɛn di pen dɛn we bin de na mi at bin smɔl frɔm siks to et MOMENTARY pens we nɔ bin rili impɔtant.
Fɔ wan ɛn af ia naw a nɔ gɛt SINGL atak pan influenza ɔ kol. Insay di fɔs mɔnt dɛn, mi ed pen bin dɔn KƆMPLƐT. Bɔt di big mirekul fɔ mi na we a bigin fɔ slip insay FƆ MINIT afta a ritaia fɔ slip. Di we aw a bin ebul fɔ wok bin bɔku; mi foma dissipation, nervous tension en irritability bin disappear.

Insay di ɔtom a bin mek wan joyn go na Aminia ɛn wok na di `Matenadaran' (di Manuskrip Ripɔsitɔri). Na big big gladi-at i bin de fɔ waka twɛnti fayv to tati kilomita ɛvride na di mawnten ɛn afta dat, a go bak na os wit ful rɛdi fɔ ripit di pɔfɔmɛn wan tɛm. A bi fri mɔtalman, we nature admit insay in bɔdi las las. Dis na big big gladi at fɔ tru, ɛn a fɔ lɛk fɔ tɛl tɛnki bak fɔ dat.

Moscow, 16th August, 1965. Mi wɛlbɔdi de kɔntinyu fɔ gi mi ɛvri satisfayshɔn, mɔ as mi ɔrganizm dɔn bia wit bɔku bad bad tray dɛn we a kin gɛt prɔblɛm wit mi maynd ɛn nervɔs (haypatɛyshɔn), ɛn bak bɔku bɔku bɔdi taya we a kin taya we a de travul na mawnten.

I nɔ go te igen a go dɔn di sɛkɔn ia we a de it raw. A nɔ go ɛva tink fɔ tɔn bak pan raw-it igen. Di kweshon dem we a don put to una na purely fo enlightenment and no must kriet in

yu di lest dawt bɔt mi fiuja. Di tin we pas ɔl, fɔ mi, di tin dɛn we di kwɛstyɔn gɛt na di bɔdi nɔ impɔtant pas di tin dɛn we gɛt fɔ du wit Gɔd biznɛs, we bin tinap tranga wan ɛn we nɔ de shek ɔltɛm.

Olga Kerenskaya, 3Frounze Sɛnt Mɔsko.

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Bikɔs i nɔ izi fɔ gɛt mi buk dɛn na di Sɔviɛt Yuniɔn, pipul dɛn we biliv tranga wan we de it raw kin translet sɔm pan di buk dɛn we a rayt insay Rɔshian ɛn sheb dɛn kɔpi dɛn we dɛn dɔn kɔpi to dɛn padi dɛn. Dɔn bɔku pipul dɛn kin kɔpi dɛn sɔmari dɛn de frɔm dɛnsɛf.
Dis na sɔm pat pan wan lɔng lɛta we wan ol Rɔshian uman we de na di distrikt na Mɔsko rayt:

Khimki , Epril 25, 1965.

A nɔ ebul fɔ tɔk ɔ, fɔ se, a nɔ ebul fɔ fɛn di rayt wɔd dɛn we a go yuz fɔ tɛl una tɛnki we nɔ gɛt bɔda. No blɛsin nɔ de na dis wɔl we fit fɔ pe yu oli wok fɔ sev mɔtalman bɔdi ɛn sol, yu 'RAW-EATING'. A de butu bifo yu ɛn nɔto jɔs bifo yu, bɔt bifo di pɔsin we briŋ dis valyu risɛp fɔ mi fɔ wɛlbɔdi, we gɛt sɔm pat dɛn we dɛn pul frɔm yu buk. Pasɔnali a nɔ bin fɔtunate fɔ si yu buk. Mi padi — we bin de tich trade —

bin dɔn kɔpi dɛn nɔto frɔm yu buk dairekt, bɔt frɔm wan notbuk we in padi bin rayt — we na bin ticha bak, ɛn na dis uman de rayt yu dɛn layn ya naw, bikɔs mi yon yay nɔ de si fayn. A kin si wit wan yay nɔmɔ ɛn dat bay di ɛp we magnifying glas de ɛp mi, ɔdasay a fɔ dɔn tɛl una tɛnki bad bad wan bifo tɛm.

A bigin mi prɛktis di 15 dez ɔf Fɛbwari ɛn frɔm da tɛm de a nɔ de it ɛni it we dɛn kuk, ivin bred... A go ol naynti pan Ɔgɔst 15, 1966. A gɛt mɔ trɛnk pas ɔl mi padi dɛn, ɛn dis tru tin de atɛst bay ɔda wan dɛn bak.

Karpovna Maria Ivanovna, Fevralskaya Sɛnt 12, Khimca.

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Sundsvall, Ɔgɔst 12, 1965.

Diya Mista Hovannessian, .

Mi anti ɛn in man, we dɛn ɔl tu na dɔktɔ na Yerevan, dɛn nem Daniɛlian, rayt to mi se dɛn dɔn gɛt bɔku bɛnifit frɔm di tin dɛn we yu dɔn tɔk bɔt ɛn dɛn ɛnkɔrej mi wit ɔl dɛn at fɔ tek di we aw yu de it ɛn mɛn am. So, fo mai turn a go laik to aks if yu fit sen mi kopi of yu wok we dem kol ‘Raw-Eating’, we a de tank yu bifo taim.

Mi na dɔktɔ we de mɛn uman dɛn we kɔmɔt na Istanbul. Fɔ di las tu ia we a dɔn du am dɔn de wok na wan ɔspitul na Sundsvall, Swidan. Na wit big intres ɛn prayz a go rid yu buk ɛn yu instrɔkshɔn dɛn, we bɔku pipul dɛn dɔn ɔlrɛdi gɛt bɔku bɛnifit frɔm."

Dɔktɔ Shabuh Sɛdikian, Länslasarɛt, Sundsval, Suɛd.

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Mɔsko, Novɛmba 19, 1966.

Diya Mista Atɛrɔv, .

A sɔprayz fɔ si di klia ɛn simpul we aw yu de tink. Yu tink se i rili pɔsibul fɔ ɛksplen dis kayn big tin we dɛn dɔn fɛn insay dis kayn simpul we? ‘O mɔtalman! Nature dɔn mek ɛn gi yu ɛn yu sɛl dɛn tin fɔ it wit raw it. So lɔng as yu nɔ no gud gud wan bɔt aw dɛn sɛl dɛn de mek ɛn aw dɛn de wok, nɔ ambɔg dɛn wok bay we yu yuz difrɛn tin dɛn we nɔto natura, we gɛt pɔyzin.

Mi ɛn mi wɛf na post-grɛdyut studɛnt dɛn. Mi na fiziks ɛn in na dɔktɔ.

Wi rili intres pan yu wok...

MICHEAL MINASIAN we de na di wɔl.

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Jermook, Mach 6, 1966.

Hail to yu, O sayɛnsman fɔ sayɛnsman dɛn! Hail to yu, O ticha fɔ mɔtalman!

Mi na dɔktɔ ɛstɛt na di Ɛlth Rizɔt na Jermook in Aminia. A dɔn de praktis raw-it frɔm di 4 dez insay Novɛmba, 1965, bikɔs yu buk dɔn mek a biliv. A shɔ se a go wɛl bay di we aw yu de prɔpagɛt. Frɔm 1947 a bin de sɔfa wit rɛumatism, polyarthritis ɛn dizayd na di korona at. Frɔm 1963, mi wɛlbɔdi bin dɔn go bad mɔ ɛn mɔ, bikɔs mi kidni dɛn bin de inflamɛns bad bad wan, ɛn a bin ebul fɔ gɛt smɔl smɔl rilif we a bin de it watamɛlɔn.

Frɔm di siks de we a bin de it raw a bin fil bad bad pen na mi jɔyn dɛn, bɔt dɛn bin stɔp afta dat... Insay di riakshɔn dɛn we bin apin to raw-it a nɔ bin ɛkspiriɛns di swel na di jɔyn dɛn we bin de wit ɛvri atak we at at sik bin de trade. A nɔ bin de sɔfa bak wit di paroxysms of fiva ɛn dropsy we bin de mek dɛn apin ɛnitɛm we di kɔndishɔn na mi kidni dɛn bin de wɔs. Naw a de ɛnjɔy fɔ slip rili fayn ɛn mi puls rɛt dɔn drɔp frɔm 120-140 to 90-90.
100 bit pan minit (ɔnda kɔndishɔn dɛn we de strɛch). Di pen we a kin fil na mi at na nɛt, di dandruff we de na mi ed ɛn di swet we de na mi fut nɔ de igen. A dɔn ɔlrɛdi lɔs fayv kilo pan mi wet ɛn mi rɛumatik pen dɛn dɔn lɔs. A kin fil fayn ɛn mi trɛnk kin kɔntinyu fɔ bɔku.

Mi wɛf ɛn mi siks ia ol bɔy pikin bak, de adopt raw-eating. A go mɛn mi tɔd bɔy pikin — we dɔn ol wan mɔnt naw — di sem we aw yu mɛn yu gyal pikin Anahit.

Mi dia ticha, a dɔn de wok as dɔktɔ in ɛstɛt fɔ ettin ia ɛn naw we a ol tati sɛvin ia a de kam fɔ dɔn wan kɔrɛspɔndɛns kɔs na di Pedagogical Institute. Yet na insay yu buk a dɔn las fɛn di ansa to bɔku

prɔblɛm dɛn we dɔn de mek a sɔfa fɔ lɔng tɛm — ansa dɛn we a nɔ bin ebul fɔ fɛn ɔdasay. "Wan pan dɛn prɔblɛm dɛn de na wetin mek bebi dɛn nɔ kin ebul fɔ waka lɛk di yɔŋ wan dɛn fɔ ɔda animal dɛn frɔm di fɔs de we dɛn bɔn dɛn. A dɔn biliv naw se di rizin fɔ dis ɛn fɔ bɔku ɔda fisiɔlɔjik difrɛns dɛn na pikin dɛn na fɔ fɛn am na di wan dɛn we dɛn kuk." it we dɛn mama ɛn papa ɛn gret gret granpa dɛn kin it.As mi yon we afta tri ɔ 4 jɛnɛreshɔn we pipul dɛn we de it raw, ɔl dɛn bad tin dɛn de go dɔn kɔmɔt.

Dɔktɔ Vachagan Gasparian, we kɔmɔt na Jermuk, insay Aminia.

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Mi big sista de na Yerevan. A kin sɛn big big pak dɛn to am ɔltɛm fɔ buk dɛn, we i kin gi to di wan dɛn we sik bad bad wan ɔ we biliv se dɛn de it raw. Na sɔm pat dɛn frɔm in bɔku bɔku lɛta dɛn:

“Mi dia Arshavir, a no se dis lɛta go gi yu bɔku gladi at. Raw- it de go bifo kwik kwik wan na Yerevan ɛn ɔda provins dɛn. Wan de nɔ de pas we pɔsin nɔ ring ɔ kam fɛn mi. Dɛn kin kam fɔ aks fɔ advays ɔ fɔ aks fɔ buk. A de prisent yu buk dɛn to di wan dɛn we rili nid ɛp. Di pipul dɛn we nɔ gɛt limit fɔ buk, we kin pas frɔm wan an to di ɔda wan ɛn i nɔ kin te igen, dɛn kin ridyus to rɔtin. A de rili wɔri bɔt yu abit fɔ sɛn fri buk to ɔl di wan dɛn we de aks. Aw yu go bia dɛn kayn spɛns dɛn de we de mek yu krɔs?

Yu nɔ go ebul fɔ no ɔmɔs pasɛnt dɛn kin wɛl bay we dɛn it raw, we rili tɛl yu tɛnki. Pipul ya na ol umanitarian lek yu.
As sɔmbɔdi gɛt in wɛlbɔdi we i dɔn lɔs, i kin tek di wok fɔ mɛn in fambul dɛn we sik ɛn dis kin mek fayv ɔ siks ɔda pipul dɛn wɛl frɔm siriɔs sik dɛn. Dɔn dɛn kin kam to mi ɛn tɔk bɔt di tin dɛn we dɛn dɔn ɛkspiriɛns.
Pipul dɛn we nɔ bin ebul fɔ muv wan stɛp, dɔn ebul naw fɔ waka fɔ bɔku bɔku kilomita dɛn.

Wan pan dɛn sik pipul dɛn de bin dɔn de sɔfa wit wan sik we dɛn kɔl edima na in an ɛn fut fɔ twɛnti ia, ɛn i nɔ bin smɔl pas 115 kilogram.
Afta i adopt raw-eating diet, i lɔs 10 kilogram insay 20 dez. In pikin se, 'Mi papa we nɔ bin ebul fɔ muv in an ɛn fut, naw i de waka lɛk pikin.' Dɛn de blɛs yu ɛn Anahit ɔltɛm.
Wan ɔda sikman bin dɔn de sɔfa bikɔs in vɔys kɔd dɛn bin de inflamɛns, ɛn i bin lɛf smɔl fɔ lɛ in vɔys lɔs ɔl. Naw i dɔn gɛt wɛlbɔdi bak kpatakpata afta we i it raw- it fɔ jɔs wan ɛn af mɔnt.
Bak, wan yɔŋ man we ol 28 ia bin gɛt suppureshɔn na in kidni dɛn, we bin kam wit jenɛral drɔpsi na in wan ol bɔdi. In kɔndishɔn bin so siriɔs dat dɛn bin dɔn lɛf ɔl di op fɔ am, bɔt naw i rili wɛl bikɔs i de it raw. Bɔku kes dɛn de we fiba dɛn, so i nɔ pɔsibul fɔ rayt bɔt dɛn ɔl. Dɛn yon ɛstimat se na Yerevan nɔmɔ naw na 2,500 pipul dɛn we de it raw, bɔku pan dɛn bin dɔn sik bad bad wan fɔ lɔng tɛm, bɔt naw dɛn de ɛnjɔy pafɛkt wɛlbɔdi. Pipul dɛn kin wɛl frɔm sik dɛn na dɛn at, sɔl kɔnkreshɔn, ay blɔd prɛshɔn, bɛlɛ ɔlsa, inflamɛns na di kidni, di liva ɛn di gal- blad, kɔlkyul ɛn bɔku ɔda rili siriɔs dizayd.

Misɛf bin rili sik. A bin de sɔfa wit ay blɔd prɛshɔn wit ring na mi yes ɛn a bin gɛt inflamɛns na di liva. Mi nos bin de blɔd tu ɔ tri tɛm insay di de, a bin de fil wik ɛn a bin de slip bad. Mi at bin so bad dat ɛvri nɛt a bin de wɔnda if a fɔ si de layt bak. Bɔt naw a de slip so fast dat a nɔ de yɛri di famili de go wok na mɔnin. Fɔ tru, sɔntɛnde dɛn kin wɔri we a grap tu let, ɛn dɛn kin tink se a go mɔs sik. a don slim plenti en no mata aw a waka, a no fil taya-- to di big sapraiz of evribodi.

Pipul dɛn we de it raw kin mek padi biznɛs wit dɛnsɛf.
Wan ivintɛm, dɛn bin invayt mi na di os we di pipul dɛn na Kɔlɔs bin de. (Mista Kolozian na wan vetɛna peinta na Yerevan. Di stori bɔt in famili rili intrestin. Insɛf bin dɔn de sɔfa wit ɔlsa na in bɛlɛ we nɔ de mɛn, we gɛt blɔd we de kam wit am. I nɔ gri fɔ tek mɛr

ɔspitul, i chenj to raw- it ɛn i wɛl kpatakpata frɔm in sik. In wɛf bin gɛt wan sik we dɛn kɔl fungus infection (blastomycosis). Afta 4 mɔnt we i dɔn it raw, in nel dɛn bigin fɔ gro ɛn in kɔf nɔ de igen. Dɛn gyal pikin mared, pas in bɛlɛ pan raw-it ɛn bɔn in pikin we nɔ gɛt ɛni tray fɔ blɔd, naw i de mɛn in pikin pan raw nourishment.)

Na bin tati tu pipul dɛn we bin de it raw kɔmplit wan, apat frɔm dɛn yon famili we gɛt 4 pipul dɛn. Wod dem fail mi fo diskraib di welkam we mi get from dem. Dɛn bin dɔn pripia wan tebul we rili fayn ɛn we gɛt bɔku bɔku tin dɛn, we ful-ɔp wit raw salad dɛn we de mek pɔsin want fɔ it, fayv ɔ siks kayn raw tart dɛn we rili fayn, wan pan dɛn bin dɔn gi di nem Anahit, we na spɛshal `pilau' we dɛn mek wit Indian kɔn we dɛn dɔn dekɔret wit dray frut we dɛn sok insay wata, ɛn ɔlkayn fresh frut ɛn nɛt. We di ɛnd dɔn dɛn briŋ wan sawnd it we gɛt miks wit, ɔts, walnut, rɛsin.

Ɔl di pipul dɛn we bin kam na bin dɔktɔ, atis, myusishan ɛn lɛkchɔra. Dɛn bin mek bɔku tɔk dɛn. Fɔ dɔn, i kam fɔ no se na di tati ia we Mista Ɛn Misis Kɔlɔzian mared.

Fair nomba of dokta dem don bi raw-eaters. Wan yɔŋ dɔktɔ ɛn in wɛf we na bin dɔktɔ bak, bin kam si mi frɔm di Ɛlth Rizɔt na Jɛmɔk. Dɛn tɛl mi se dɛn gɛt fɔti to fifti pasɛnt dɛn ɛvride, ɛn dɛn ɔl nid yu buk dɛn. Dɛn bin mek a biliv se di pipul dɛn we de aks fɔ una buk dɛn go rich bɔku bɔku pipul dɛn. Di dɔktɔ na Spitak bin dɔn gi wan lekchɔ bɔt kɔlera, we i dɔn tɔk bɔt raw-it ɛn i bin dɔn advays di wan dɛn we de lisin to am fɔ gɛt wan kɔpi fɔ yu buk ɛn afta dɛn dɔn rid am gud gud wan, fɔ put di tin dɛn we i dɔn tɔk bɔt.

Wan venɛrabl dɔktɔ we ol siksti-fo ia bin kam to mi frɔm Kirovakan. I tɛl mi se i bin dɔn sik bad bad wan, bɔt, togɛda wit in wɛf, i dɔn adopt raw-eating pas wan ia so ɛn as a rizulta i dɔn gɛt in wɛlbɔdi bak. I tɛl mi bak se di Dayrɛktɔ fɔ di Chair fɔ Nutritional Hygiene na di Yerevan Institute of Medicine, Dɔktɔ A.
Harootiunian, * bin dɔn gi lɛkchɔ na Kirovakan usay dɔktɔ dɛn, pasɛnt dɛn, ɛn pas ɔl, pipul dɛn we de it raw. We di lɛkshɔn dɔn, .

di kwɛstyɔn bɔt raw-it bin dɔn kam fɔ tɔk bɔt. Bɔku pipul dɛn we bin de it raw, we bin dɔn de ledɔm na ɔspitul fɔ lɔng lɔng tɛm ɛn we nɔ gɛt ɛni rizɔlt ɛn naw dɛn dɔn wɛl bay we dɛn it raw, bin dɔn aks fɔ mek dɛn chɛk dɛn ɔspitul rɛkɔd ɛn kɔmpia dɛn di rayt we wit di kɔndishɔn we dɛn de naw. Dɛn bin dɔn want bak fɔ no wetin mek di spika bin kɔndɛm fɔ it raw na pɔblik we i nɔ bin chɛk di tin dɛn we gɛt fɔ du wit am. Wan pan di pipul dɛn we bin de it raw bin dɔn ivin tinap ɛn aks di Kirovakan dɔktɔ if i no am. We dɛn nɔ bin ansa am bad, i bin dɔn kɔntinyu fɔ tɔk se: 'Mi na di pɔsin we yu bin si in kes as sɔntin we nɔ gɛt op ɛn we yu pul na yu ɔspitul fɔ go day na os. Ɛn tide, bikɔs a de it raw, a gɛt pafɛkt wɛlbɔdi.' Di dɔktɔ bin dɔn tinap wit mumu."

Siranosh Babakhanian, 33 Pɔshkini, Ɛrivan.

*Dis man (Harootiunian) bin dɔn put wan atikul insay a nyuspepa we dɛn kɔl "Kɔmyunis"!! we dɛn bin pul na Yerevan (1964, No. 17I), we insay we wi nɔ dinay ɔl di bɛnifit dɛn we pɔsin kin gɛt we i it raw! I bin dɔn stɔp fɔ yuz am fɔ smɔl pipul dɛn nɔmɔ we gɛt sɔm sik dɛn, ɛn di sem tɛm i bin dɔn prez di animal prɔtin dɛn we kin pwɛl ɛn di atifishal vaytamɛn dɛn. Fɔ dɔn, i bin dɔn wɔn di wan dɛn we de rid am se dɛn nɔ fɔ it tin dɛn we dɛn kin it we dɛn nɔ gɛt dɔktɔ in advays. To dis asɛsmɛnt a dɔn ɔlrɛdi gi wan krɔsh riply na mi Aminian wok we gɛt di taytul "Along the Paths of Raw-eating".

*** .

Dis uman na di mama-in-law fɔ di fambul Amɛnian siŋ-man (Ofelia Hambardzumyan), wan uman we rili gɛt sɛns ɛn we dɔn rayt mi tritɛn lɛta dɛn te naw, a go tɔk bɔt sɔm pan dɛn lɛk dis:

Novɛmba 20, 1966:

Diya Mista Hovannessian, .

"Klose to tu mun afta, a rid yu raw-eating buk, we dem len mi fo jos wan de, wit so exsayt, entusiasm and taste, wod fo wod, se di pen no fit and no fit diskraib. Trade, A bin blaynd

rɔsh go day, wit di mak fɔ lay lay bɔdi we dɔn tay na mi fes fɔ bɔku ia. Bɔt i bin lɔs ali na di raw-it.

A nɔ bin dɔn rid yu masta buk yet, we a sɛn ɔl di kuk it ɛn mɛrɛsin bɔtul ɛn kapsul dɛn we nɔ ɛva separet frɔm mi to dɔti bɔks. Na bin mi 61st batde we a aksept dis gift frɔm yu ɛn disayd fɔ bi raw vegan. A nɔ go ɛva fɔgɛt dis de; Yu kin gɛs gud gud wan wetin chenj dɛn apin na mi bɔdi we dɔn pwɛl. Insay di ia dɛn we dɔn pas, bikɔs difrɛn sik dɛn bin de mɔna mi, a bin gɛt prɔblɛm wit mi layf. Ɛspɛshali di sik we dɛn kɔl quater's disease we de mek a swɛla ɛn di sciatica we a nɔ ebul fɔ bia bin dɔn tif slip frɔm mi. Afta a fri frɔm di kruk grip fɔ sik dɛn, a bi pɔsin we de wok tranga wan, strɔng ɛn strɔng ɛn a bin de rɔn rawnd lɛk diya ɔl di de. A nɔ ebul fɔ fɛn wɔd fɔ sho se a gladi; O geniu

Duya aksept di gritin fɔ wan padi we de fa ɛn we proud se in las nem na di sem wit yu yon (Ter Hovannessian). Naw a nɔ ebul tinap fɔ aw pipul dɛn kin put pɔyzin tin dɛn na dɛn bɔdi? A kin sɔfa we a mɛmba aw, bikɔs a nɔ no natin, a bin de invayt di wan dɛn we a lɛk na mi os ɛn gi dɛn tin dɛn we a kuk wit mi yon an.

Bifo a raw-it mi at bit bin de tɛl mi bɔt wan strok, we insay mi opinion dɛn bin de tek am se na fayn ɛn izi day, Bɔt naw a want fɔ liv fɔ rid wit mi yon yay ɛn yɛri wit mi yon yes se mi brɔda in nem de pan di langwej dɛn we de na di wan ol wɔl. Yu wok ɲa waes, di kuk it fɔ kɔmɔt, win go kam to yu.

Ɔgɔst 2, 1967:

"Naw pafɛkt wɛlbɔdi ɛn prɔspɛkt, lɛk rial mɔtalman, a de sɛn." yu mi tɔd lɛta. Di filin dɛn na mi at so bɔku dat a nɔ ebul fɔ rayt dɛn na pepa; A fɔ pe mi prɛsɛn wɛlbɔdi to yu O sevɔ fɔ mɔtalman, O mi dia brɔda, a kin kɔl yu mi brɔda?

We a nɔ bin gɛt ansa frɔm yu fɔ di tu lɛta dɛn we a bin dɔn rayt bifo dis tɛm, a bin lɛnt yu big buk frɔm mi padi dɛn ɛn kɔpi ɔl am na tri tik tik notbuk dɛn. Naw dis kɔpi de chenj an. Leta, a kam fɔ no se yu kin sɛn buk ɛn lɛta dɛn, bɔt dɛn nɔ bin rich to mi.

Na ya, di nɔmba fɔ pipul dɛn we biliv pan raw veganism de bɔku de go de; Dɔktɔ dɛn de bitwin dɛn bak. Bɔku pan dɛn kin kam to mi fɔ

sɔm kwɛstyɔn dɛn, a kin promot raw it; A kin mek kek, halvah, salad ɛn raw dolmeh ɛn sho dɛn to pipul dɛn, a kin print dɛn instrɔkshɔn ɛn sheb dɛn to pipul dɛn, a kin rayt yu nem pan di kek dɛn wit rɛsin; A bin bay wan pan dɛn kek ya fɔ yu sista. I kray, ɔg mi ɛn se, "Frɔm tide wi na tu sista. Di domɔt na mi os opin fɔ yu ɔltɛm." I gi mi di sɛkɔn volyum fɔ yu buk.

Bɔku tɛm a kin mit yu sista, rid yu lɛta ɛn dɔkyumɛnt dɛn, a kin luk di foto dem, a luk wit big sohri-at pan di foto dem fo yu tu pikin dem we dem west bai "fortifying" fud en "effective" drugs; Dɛn dɔn sakrifays dɛn, bɔt bifo dat tide bɔku bɔku pipul dɛn dɔn sev frɔm sɔm day dɛn ɛn dɛn kin sɛn gritin fɔ mɛmba dɛn. Gret genius dem fo di past don lef dia wok we no finish bikos of dis kain fud and medisin and dem don perished... and na onli yu don rivɛl dis sikrit. Mek di tong bi mumu we de dare fo dinai dis fact dem.

Naw lɛ a tɔk smɔl bɔt misɛf. A tink se i go intrestin fɔ mek una no aw a bin tan lɛk bifo a bigin fɔ it raw ɛn aw a tan naw. A bin ol sɛvintin ia we a bin gɛt bad bad pen na mi rayt say na mi bak. Di dɔktɔ dɛn nɔ bin ebul fɔ ɔndastand di rizin ɛn dɛn bin jɔs mek a nɔ fil fayn wit mɛrɛsin ɛn masaj. Afta siks ia, dɛn bin dɔn kɛr mi go na ɔspitul fɔ day. I kam fɔ no se mi rayt kidni ful-ɔp wit ston ɛn pus. Di prɔfɛsɔ we bin ɔpreshɔn mi kidni na bin pɔsin we gɛt sɛns ɛn if i bin de alayv, i bin fɔ dɔn sayn di tin dɛn we yu dɔn fɛn wit in tu an; I tɛl mi se dɔktɔ dɛn dɔn it af pan yu kidni bikɔs ɔf masaj ɛn drɔgs we de ambɔg yu ɛn i laf. I ɔda mi fɔ fɔgɛt fɔ it mit, eg, pikɛl, minral wata ɛn sɔl it dɛn sote go ɛn it mɔ vɛjitebul ɛn frut.

A bin fala dis ɔda fɔ tu ɔ tri ia, we a fil fayn, a bigin fɔ it ɔltin bak. Smɔl smɔl, a bin de want fɔ it mɔ ɛn mɔ ɛn mi wet bin de go ɔp ɛvride; Lɛk ɔda pipul dɛn, a bin tink se dis na sayn fɔ wɛlbɔdi, bɔt i bin tɔn to di kɔmɔn tin. Fɔs, wan big ed bin bigin fɔ pen, dɔn mi leg dɛn bin swel, ɛn we a bin ol fɔti-fo ia, dɛn bin de yuz natura l tit dɛn fɔ chenj di atifishal tit dɛn. Mi bɔdi wet bin rich et ɛn tu kilo; Shot briz, kɔf we nɔ de dɔn, palpiteshɔn ɛn sɔl bɛlɛ bin rawnd mi. Leta, wan goiter bin apia, we

rawnd mi nɛk lɛk eg we at. Di dɔktɔ dɛn bin want fɔ ɔpreshɔn, bɔt a nɔ bin gri. Dɔn, sciatica, arteriosclerosis, blɔd prɛshɔn, ɛmoroyd, gaut, ɛn ɔda tin dɛn bin dɔn mek mi wan ol bɔdi wik te a nɔ ebul fɔ waka.

Mi rum bin tan lɛk famasi we gɛt aspirin tablɛt, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit ɛn ɔda pɔyzin dɛn, we mek af pan mi it. A bin disapɔynt wit di dɔktɔ dɛn ɛn bikɔs ɔlman bin se dɛn sayn ya gɛt fɔ du wit di ej, a bin tink se di ɛnd pan mi layf dɔn kam. A bin taya wit dis wɔl ɛn a jɔs bin de wish se wan simpul strok go dɔn dɛn shem ya. I nɔ ɛva kam na mi maynd se wan mirekul go apia ɛn sev mi frɔm dis bad bad drim. Bɔt dis na tin we dɛn jɔyn. Naw sɛvintin kilo dɛbul dɔn lɔs (di pɔsin we rayt di lɛta fɔgɛt se in ɔrijinal bɔdi dɔn gɛda sɛvintin kilo fresh ɛn wɛlbɔdi sɛl dɛn insay dis raw it tɛm, dat min se di dɛbul nɔ bin gɛt sɛvintin kilo, bɔt na bin tati-fo kilo ɛn sɔntɛm i bin ivin gɛt mɔ) ɛn a de waka frɔm wan ɛnd na di siti to di ɔda ɛnd na di siti wit rial wet we na siksti-fo kilo ɛn klaym di 132 stɛp dɛn na di kɔnyak faktri wit ebi ebi bag to mi sista in gyal pikin we de na di klinik de ɛn bikɔs wokman dɛn ɛn di dɔktɔ dɛn na de sabi di sik we a bin gɛt trade gud gud wan, dɛn sɔprayz.
Ɛspɛshali we dɛn tek mi blɔd prɛshɔn ɛn si tritin instead ɔf nayntin. Dis go mek dɛn chenj dɛn opinion ɛn rili di trut go win. A kin pripia fayn fayn raw vegan it na mi os ɛn kɛr am go to dɛn, dɛn kin it ɛn a se: "Hovannessian kin sɛn in buk dɛn to di wan ol wɔl fɔ fri. A kin trit pipul dɛn bak wit raw it, it as yu want." A dɔn de liv insay dis gladi at fɔ tɛn mɔnt naw...

A wan se sɔm wɔd dɛn bɔt mi ditɔks. Di pen we a bin de fil pan mi sik dɛn bin so tranga dat a nɔ bin de fil di fɔs tin dɛn we a kin du we a de pul di pɔyzin, na di mɔ a bin de it, na di mɔ a nɔ bin ebul fɔ gɛt inof. Wan rɛd rɔsh bin apia na mi lɛft say na mi bɔdi, we bin de mek a fil pen bak, bɔt i nɔ tu te, i bin dɔn. Mi skin bin dray na sɔm say dɛn, i bin de it, a bin de gɛt dandruff ɛn i bin de bɛtɛ; Sɔntɛnde, di kɔlɔ fɔ mi urine bin de brayt rɛd ɛn sɔntɛnde i bin wayt ɛn tik, bɔt naw i dɔn klia lɛk wata. A bin gɛt sɔm bad bad ed pen dɛn we bin de bɛtɛ fɔ dɛnsɛf. Frɔm di fɔs de we a it raw it, a fɔgɛt se mɛrɛsin de na

mi wayt ia don ton grey naw en i de kam bak to in orijinal kala."

Lɛta Nɔmba 12 - May 7, 1971

"A get plenti nyus se a no sabi wia a go stat and wia a go end. Wan de a go haus sik fo som administretiv wok, a si wan uman dokta de hol yu buk fo im han, de gada plenti oda dokta dem roun am." ɛn wit zil fɔ ɛksplen aw in brɔda-in-law bin sev frɔm siriɔs kidni sik bay raw veganism.Dɔn i se: "Di lɛta we di mama-in-law fɔ Ofelia Hambarsoumian rayt de insay dis buk bak. " I tan lɛk se i bin sev am. t sabi mi.a luk di buk en si se na fotokopi fo di sem buk we a bin sain en gi pipul.Bikos yu buk na rili rare, dem go fotokopi am so dat mo pipul kin yus am.We dis dokta no mi, i aks mi fo go si wan pesin wan de.a go pan di de we wi bin fiks.

Di pɔsin we bin de sik trade we nem Ozonian, we naw gɛt wɛlbɔdi ɔlsay, bin dɔn ɔganayz wan big pati; Im na vetɛriana, in wɛf na dɔktɔ, in brɔda na yunivasiti prɔfɛsɔ, in wɛf na dɔktɔ bak, sɔm jɔnalist dɛn ɛn sɔm nyu raw-it pipul dɛn gɛda togɛda. Dr. Abajian frɔm Kirovakan, bin kam insay wit sɔm pan nyu raw-it pipul dɛn w

Ozonian bin rait leta to yu ol adres wan ia afta we i bin sik bad bad wan, ba a tink se i no rich yu. Dis lɛta so intrestin ɛn valyu dat a de kɔpi am ɛn sɛn am to una. As yu si na di lɛta, i bin so sik wan ia bifo dat dɛn bin disapɔynt pan am, bɔt naw i de du in wok wit kɔmplit wɛlbɔdi; Ozonians lɛta:

 "A nɔ no insay us langwej fɔ sho mi sɔprayz ɛn rɛspɛkt to yu we na di big big filantrɔpist ɛn di big sayɛnsman na dis ej. Pan ɔl we as a rizulta fɔ mi kidni sik, a wik sote a nɔ ebul fɔ rayt." sohm wohd ivin to mi fambul dem we de nia mi, ba a de rait to yu wit ol gladi.Na yu wan pesin na di ohl wol we a kin rait to, ba a no kin no rait to mi broda bring yu buk en insist dat A rid am, a sidɔm na bed jɔs so dat a nɔ go mek i vɛks ɛn a nɔ bin want fɔ rid di buk we dɛn bin dɔn kɔt bikɔs a rid tumɔs;Bɔt a nɔ bin ebul fɔ giv ɔp dis buk we de mek pɔsin gladi,

bikɔs in shap ɛn pawaful langwej, ɛn yu dip ɛn ayɛn tinkin dɛn, bin mek a ɛnjɔy mi wan ol bɔdi. Na di bad bad day we dɛn pikin dɛn ya day, na in mek yu go na di say dɛn we dɛn kin kip tin dɛn we dɛn dɔn ayd na di sayɛns si fɔ go fɛn di trut. Dip sɔri-at bin mek yu bi di san fɔ biyoloji. Fɔ dis, mɔtalman gɛt dɛt fɔ yu tu pikin dɛn ɛn dɛn nem go de ɔltɛm na di mɛmori fɔ di neshɔn dɛn. Afta a rid yu buk, a go raw wantɛm wantɛm ɛn a nɔ wet fɔ di wɛlbɔdi rizɔlt, a tɛl tɛnki. Bikɔs a bin shɔ se di tin dɛn we yu bin tɔk na tru; Bikɔs mi na vetɛriana ɛn a rili sabi bayoloji, a go ebul fɔ ɔndastand di big big tin we yu wɔd dɛn de tɔk mɔ. Ɔl di aidia dɛn bɔt bayolojikal sayɛns, we bin dɔn de dip dip wan na mi bren fɔ lɔng lɔng tɛm, chenj insay wan de. A shɔ se di tumara bambay go butu bifo yu big, bikɔs no big tin nɔ ɛva ayd. A ol 40 ia. A gɛt kronik nɛfrayt, mi kɔndishɔn rili siriɔs. Mi blɔd naytrɔjen na 65-90 ɛn i nɔ de go dɔŋ.
Ledɔm na bed, jɔs de blo fɔ yu, a shɔ se a go fayn. A go gɛt dɛt to mi mama fɔ we i bɔn mi ɛn a go gɛt dɛt to yu fɔ di kɔntinyu we a de kɔntinyu fɔ liv, sote go..."

Wan ɔda nyus we intrestin: wan pan di jɔnalist dɛn na "Science & Life" magazin kam na Yerevan frɔm Mɔsko fɔ du risach bɔt di divɛlɔpmɛnt fɔ di tin dɛn we gɛt layf.

Bɔku dɔktɔ dɛn ɛn pipul dɛn we sabi it raw dɔn gɛda na wan ripɔta we de it raw it in os ɛn i dɔn rayt wan ripɔt. I luk fɔ mi, ɛn pan Novɛmba 15, 1971, lɛta nɔmba 13 (a bin dɔn rayt wan ditayl lɛta to di ɛditɔ fɔ "Avangard" nyuspepa) i tan lɛk se i gɛt ɛfɛkt, bikɔs dɛn bin tɛl mi na fon se wan spɛshal pɔsin we sabi bɔt sik dɛn na di dijestiv sistem, Prɔfɛsɔ Jivan Shmavonyan , bin want fɔ mit mi ɛn sɔm ɔda pipul dɛn we de it raw. Wetin a go du pas fɔ du pati fɔ di aktif raw-iters. Fɔ sɔm dez bifo pati, a tek lɛf na di ɔfis ɛn a nɔ shem, a tray fɔ sɛt tebul we go bi nyu fɔ pipul dɛn we de it layf bak.

Raw bred, biskit, basaq, ɛn bak difrɛn raw jam dɛn we dɛn mek wit flawa lif, pomegranate sid, ivin wit grɛn walnut we a kin mek ɛvri ia insay di spring, ɛn bak wit difrɛn salad dɛn, a bin dɔn dɛkɔret

tri big tebul dɛn sote i at fɔ tɔk. Fɔ sɔm tɛm, nɔbɔdi nɔ bin gɛt maynd fɔ tɔch di tri big kek dɛn we yu nem de shayn pan. Fɔ dɔn, a kɔt am ɛn ple am. Di tebul bin de kray bikɔs di frut ɛn frut jus bin wet!



Dɛn si Aterhov in sista (Siranush BabaKhanian) na di midul, na in lɛft, na prɔfɛsɔ Shmavonyan, ɛn Haikanush Ter Hovannessian tinap biɛn am.

Dɛn bin dɔn mek di mitin Ɔktoba 24, 1971, na 16:00. Tu awa bifo dat, a sɛn kɔl yu sista so dat di fɔs wan dɛn we kam go shek an wit am as yu ripɔt. Fɔs, di ɔnaful prɔfɛsɔ insɛf kam insay ɛn shek mi an wit in tu an dɛn wit fes we de smayl ɛn mit yu sista wit big rɛspɛkt. Fo anoda moment, ol di raw eater ges dem bi dokta, yunivasiti profesa, journalist, ticha, etc., laik foti faiv pipul enta wan taim. A bin sɔprayz, jɔs da tɛm de Dɔktɔ Abajian kam insay in motoka wit 4 agil ɛn gladi gladi uman dɛn we kɔmɔt na Kirovakan; I bin tɔk fɔs bɔt in sik dɛn ɛn sɛn in tɛnki to yu fɔ we yu pul dɛn sik ya ɛn wish di bɛst fɔ yu ɛn yu wɛlbɔdi.

Dɔn ɔl di wan dɛn we de it layf bin gi wan tɔk wan afta di ɔda ɛn dɛn bin ɛksplen ditayli bɔt di sik dɛn we dɛn bin dɔn gɛt trade ɛn di wɛlbɔdi we dɛn gɛt naw. Di prɔfɛsɔ bin sidɔm kwayɛt wan, i bin de tek tɛm lisin ɛn mek not dɛn na in notbuk. Bɔku pan di gɔst dɛn nɔ bin no am, we i tinap ɛn introduks insɛf afta di layf-it pipul dɛn ripɔt d

ɔlman sidɔm ɛn bigin fɔ lisin kwayɛt wan. I bigin fɔ tɔk smɔl smɔl bɔt wetin i bin want fɔ du ɛn wetin i bin dɔn plan fɔ du.



Wan pan di yunivasiti prɔfɛsɔ dɛn rid di lɛta we Hovannessian rayt. Dɔktɔ Abajian sidɔm na in lɛft say.

I se: "Hovannessian dɔn rili du big wok. Istri." sho se bɔku pan di sayɛnsman dɛn we bɔku pipul dɛn sabi kɔmɔt frɔm ɔdinari pipul dɛn; Pan ɔl we Hovannessian nɔto dɔktɔ, bɔt wit di tin we i fɛn, i tinap ɔp dɔktɔ dɛn ɛn i gɛt rayt fɔ bi sayɛnsman. Pan ɔl we i gɛt ɛnimi dɛn, bɔt di tru tin na dat i de win. Una ɔl dɔn tɔk, kot, bɔt dɛn wɔd ya stil de wit una. Yu fɔ ɔganayz pipul dɛn, tek statystik fɔ ɔl di pipul dɛn we de it layf, no us sik dɛn bin gɛt trade ɛn wetin dɛn kɔndishɔn naw, ɛn gi wi dɛn dɔkyumɛnt ya". Akɔdin to in prɔpɔzal, dɛn pik wan kɔmiti we gɛt 15 pipul dɛn, ɛn dɛn bin rayt mi nem bak insay de.Wi disayd fɔ mek dis kayn mitin wan tɛm ɛvri tri mɔnt.

Di prɔfɛsɔ se i bin tink fɔ mek wan raw-vegan sanatorium, dɛn bin de tɔk bak bɔt fɔ mek wan raw-vegan rɛstɔrant. Fɔ dɔn, wit di prɔfɛsɔ in rikwest, a prɛzɛnt sɔm fotokɔpi fɔ yu lɛta dɛn, fɔ di lɛta frɔm di Indian gɔvmɛnt, fɔ

di lɛta we a bin dɔn rayt to "Avangard", ɛn di lɛta we Ozonian ɛn Makarian rayt. I bin it ɔl di salad dɛn ɛn ɔda it dɛn wit big gladi at ɛn aks aw fɔ mek dɛn. A bin sheb tɛn kɔpi dɛn fɔ di salad fɔm dɛn we a bin gɛt to di gɔst dɛn. Dis nɔto wan pan di vɛshɔn dɛn we a sɛn to yu, dis wan na brand nyu ɛn kɔmplit.

Di mitin bin de frɔm 16:00 to 21:00. We wi de go, di prɔfɛkɔ gi mi wan pan in kad dɛn ɛn wan ɔda wan to Siranoush ɛn aks wi fɔ de tɔk to am ɔltɛm. I se to Siranoush se: "A rili want fɔ si yu brɔda, fɔ kɔnsul ɛn fɔ jɔyn an fɔ pripia wan ifektiv plan fɔ rich di ples we yu want fɔ go jisnɔ. I at fɔ gɛt permishɔn fɔ travul go ɔda kɔntri; Rayt to yu brɔda, sɔntɛm i go yuz in inflɛns." fɔ pripia inviteshɔn".

Prɔfɛsɔ in adrɛs: Jivan Mambre Shmavonyan , Papazian Nɔmba 17, Yerevan.”

Haikanoush Ter Hovannessian, 10 Alaverdian Sɛnt Ɛrivan.

Lɛta we di gɔvmɛnt na India rayt:

Indian Infɔmeshɔn Savis - T. S. Kanwar

Tehran, Janwari 4, 1971, Ɛmbasi fɔ India. prɛs asosiet

"As dem don tel wi, yu don publish buk anda di taitol of "Raw-eating". Yu kin tɛl se di gɔvmɛnt na India dɔn pik wan kɔmiti fɔ disayd fɔ Nature Cure, we de du stɔdi bɔt di prɔgrɛs ɛn divɛlɔpmɛnt fɔ Nature Cure.
Dɛn dɔn gi yu buk to dis kɔmiti, we no am ɛn tink se i go bi gud wok. So, di Ministri fɔ Wɛlbɔdi ɛn Famili Plɛnin na India de tink fɔ sɛl dis big buk we nɔ dia (na fayv rup nɔmɔ) fɔ sheb am. Dɛn nɔ go bɛnifit frɔm di sɛl we dɛn sɛl dis buk.

Wi go rili gladi if yu du gud fɔ gi yu di rayt fɔ du dat di gɔvmɛnt na India fɔ pablish dis buk insay Inglish ɛn insay ɔda twɛlv lokal langwej dɛn.

Dɔn bak, duya mek wi no if dɛn dɔn ɔpdet dis buk frɔm we di... 1967 edishɔn. Ɔ yu want fɔ chenj am insay di nɛks tɛm?

So, wi go gladi if wi gɛt di rayt we wi nid fɔ ebul fɔ pablish dis buk na India."

T. S. Kanwar.

Na di wɛlbɔdi institiushɔn we de wok pas ɔl na India, we Mahatma Gandhi bin mek insay 1964. Dɛn kin sheb mi buk ɛn bulɛtin dɛn ɔltɛm na India. Di Ministri fɔ Wɛlbɔdi biznɛs na India na dis institiushɔn dɔn introdyus mi buk. Na sɔm pat dɛn frɔm di lɛta dɛn we di dairekta fɔ da institiushɔn de rayt to mi:

"A bin don rid abaut yu faiv yiez afta fo British Vegetarian Magazine, we a no pe plenti atenshon to and a don klos foget; Te las month, wan Meksiko uman we de ron sanitarium de bin de wit wi fo tri wiks and im tok plenti abaut." raw fud.Frɔm da tɛm de, a nɔ bin gɛt peshɛnt fɔ tray fɔ kɔntakt yu ɛn ɔda buk, bɔt aw a go fɛn yu adrɛs?Bɔt sɔm dez bifo tu pipul dɛn kam to wi we dɔn de pan raw it fɔ fayv ia ɛn gi mi yu yon adrɛs.Na Gandhi bin bil dis institiut ɛn a bin laki fɔ wok de fɔ tɛn ia insay di las ia dɛn na in layf.

NACHƆR KƆR SƐNTƐR, Uruli- Kanchan, India

Prɛsidɛnt fɔ di Izrɛl Vegan Sɔsayti, chif ɛditɔ fɔ "Nature and... Health" magazin:

"Tɛnki fɔ di bulɛtin we una sɛn. Wi de tray fɔ gɛt dɛn." to di wan dɛn we want fɔ yuz dɛn mɔ. Wi dɔn sɛl wan ɔndrɛd volyum pan una buk dɛn te naw; Insay smɔl kɔntri usay bɔku pan di pipul dɛn nɔ sabi Inglish, fɔ sɛl bɔku bɔku buk dɛn na rili big sakrifays. A de sen yu wan kɔva fɔ di magazin "Nature and Health" (TEVA UBRIUT), we dɛn print di fayn fayn foto fɔ siks ia ol Anahit bak. Naw a de pripia wan atikul fɔ print wit wan foto fɔ twɛlv ia ol Anahit."

Jaacov Grabois, 10 Hateyna Sɛnt Nɛvɛ Ɔz. Izrɛl

Dis dɔktɔ na di prɛsidɛnt fɔ di British Vegetarian Society, we... gɛt prɛktis na Lɔndɔn, ɛn afta i dɔn rid mi buk, i bin de

kɔnvins ɛn gi mi adrɛs to in pasɛnt dɛn ɛn gi di raw it buk. Di lɛta we de dɔŋ ya pruv dis:

"A rid yu buk abaut raw fud. Dr. Lato preskrib raw fud diet fo trit mi kansa. Im giv mi yu adres so dat a go oda di buk from am. A go send ten dala fo mail and duya sen mi tri buk." ɛn siks bulɛtin dɛn."

Misis Kampɔl Mudi, 31 Linden Gadin, Lɔndɔn, W. 2

Misis VƐRA STANLI ALDƐR:

"Dia gloriful padi, a tek tɛm rid yu buk tu tɛm ɛn a fil dat." dis buk go mek nyu tɛm fɔ mɔtalman. I rili nid fɔ put dis buk bifo pipul dɛn yay so dat las las, wan jenɛral vibrancy go de na di wɔl. Yu na genius we bin ebul fɔ no di simpul ɛn pafɛkt trut ɛn ɛksplen am kɔrɛkt wan pas ɔl di nyutrishɔnist dɛn we a dɔn rid dɛn buk te naw.

Fɔ lɔng tɛm naw, a dɔn de strɛs to pipul se man na pɔsin we de it frut ɛn na so di wɔl in prɔblɛm dɛn go sɔlv ɛn dɛn go mek wan golden wɔl. Yu moto ("nɔ kuk") de pul ɔl di rizin, mɛzhɔ, mɔdareshɔn, wit wan simpul ɛn besik ɔda. Yu go pul di statystik ɛn ɔda tin dɛn we wi dɔn tɔk bɔt te naw, ɛn insay dɛn ples yu go gi pipul dɛn rial wɛlbɔdi ɛn gladi at.
Di tin we yu fɛn, lɛk di tin we yu fɛn bɔt ilɛktrishɔn, na di wok we pɔsin we gɛt sɛns de du, ɛn sɔntɛm di pipul dɛn we ɔndastand yu na sɛns bak.

A go du ɛnitin we i nid fɔ mek yu buk gɛt nem; Naw a de ɛdit wan buk, rayt ɔda buk ɛn gi lekchɔ. Di de dɛn tu shɔt fɔ du dɛn tin ya. Naw di tin we de apin na di wɔl rili bad, bɔt dɛn de ɛnkɔrej mi ɛn mi man, pan ɔl we wi no se yu ɛn yu wok ɛn yu sakrifays stil de na dis wɔl. Duya una gri se wi rili de nia una.

A de sɛn wan pan mi buk dɛn to una. "Wi don bi vegan fo yiez, wi no de smok o drink alcohol, and nau mi and mi man de yuz yu method."

«WƆL YUNION FƐLƆSHIP» 8 Fɔs Avɛnyu, Lɔndɔn.

ESSENCE OF HEALTH» Di Ayest Ɛlth ɛn Layf Lɔ Pɔblisha dɛn:

Epril 29, 1968:

"A risiv yu buk. No bi onli a fain dis buk fo bi ekselent, bɔt i fit fayn fayn wan wit di tin dɛn we a de tink, di tin dɛn we a de du, ɛn di tin dɛn we a de rayt. Naw wi de pul wan magazin we dɛn kɔl "ESSENCE OF HEALTH". Apat frɔm di we aw dɛn de pul dis magazin ɛn mi yon buk dɛn, a want fɔ sɛl fɔrina buk dɛn we de sho pipul dɛn di rayt we. Fɔ dis, i shɔ se yu buk fɔ de pan mi buk dɛn, so duya mek a no bɔt di tin dɛn we de na di ɔlsay diskɔnt."

Me 24, 1968:

"A gladi fɔ sɛn yu $82.5 chɛk fɔ fifti volyum fɔ raw it buk. If yu rɛdi fɔ gi wi di rayt fɔ print di buk, wi go gladi fɔ aksept am. Wi gɛt ɔl di tul dɛn fɔ pablish am."

Box 2821, Durban, Sawt Afrika.

DAULAT RAM PƆBLIK MISHƆN:

"Yu go sapraiz fo risiv dis leta; Biliv mi, afta yu si yu buk, ol di memba dem fo di bod of dairekta fo dis institut no onli dip afekt, bot dem biliv komplit se na tru raw fud nɔmɔ di pipul go sev frɔm." ɔl sik dɛn.Wi kɔmyuniti na charity ɔganayzeshɔn.Wi dɔn disayd fɔ impruv raw fud muvmɛnt na India.If yu alaw wi fɔ print yu buk insay Inglish ɛn lokal langwej, wi go sheb tɛn tawzin kɔpi fɔ fri insay di fɔs ples.Wi go du am bak kɔntakt di Ministri fɔ Wɛlbɔdi biznɛs so dat dɛnsɛf go tink bɔt dis tin we dɛn de du.Wi disayd fɔ pruv di tru na ɔspitul dɛn bak.

Wi no se yu filɔsofi gɛt in ɛnimi dɛn we i kam pan pɔsin in intres, bɔt na kɔntri lɛk India, usay bɔku pan di pipul dɛn po ɛn angri, raw it go fɛn fayn grɔn ɛn i go mek bɔku bɔku pipul dɛn we as a rizulta kuk it ɛn abit ɛn rɔng kɔstɔm dɛn de sɔfa, sev. "Leta, wen yu buk de."

we dɛn pablish ɛn di rizɔlt dɔn, wi go sɛn inviteshɔn fɔ kam na India wit yu famili ɛn si di rizɔlt wit yu yon yay."

Krishan Mohan, Vays Prɛsidɛnt. 17- B, Asaf Ali Rd., ɛn ɔda pipul dɛn. NyuDɛli

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Afta a gɛt di lɛta frɔm di Indian ɛmbasi, a disayd fɔ tray bak ɛn tɛl di bigman dɛn na wi kɔntri bɔt dis win. Fɔs, a rayt dis lɛta to MohamadReza Shah Pahlavi, a ataya wan volyum fɔ Pashian, Inglish ɛn Aminian buk dɛn to di Impɛrial Ɔfis.

Di lɛta:

"A proud to bring una di ekstrem hapi nyus we fit bi difrent fo imajin fos."

As a rizulyt fɔ mi tati ia tray, stɔdi, risach ɛn ɛkspiriɛns, tide i dɔn rili pruv se di tin dɛn we de mek ɔl di sik dɛn na bikɔs dɛn de it tin dɛn we dɛn dɔn kuk, kemikal ɛn ɔda tin dɛn we dɔn day we pipul dɛn nɔ no se dɛn de put insay dɛn bɔdi. A bin kam fɔ biliv dis we a lɔs tu pan mi pikin dɛn we a lɛk, wan we i ol tɛn ia ɛn di ɔda wan we i ol fɔtin ia, as a rizulta fɔ di prɛskrishɔn fɔ "effective" drɔgs ɛn "fortifying" it dɛn we fambul dɔktɔ dɛn bin gi. Wan ditayl buk we a bin dɔn rayt insay Amɛnian, dɛn bin print am ɛn pablish am insay 1960, dɔn fɔ mek a no mi kɔmpin kɔntri uman/man dɛn we na Pashia insay 1963, a bin pul wan smɔl smɔl buk fɔ sɔm tɛm insay Pashya, ɛn a bin prɛzɛnt wan kɔpi di sem tɛm. Di buk we dɛn tɔk bɔt, na Mista Pahlbod, we na di Minista fɔ Kɔlchɔ ɛn At, bin notis am. I kɔl mi ɛn afta sɔm Abbas Nafisi, we na di Sɛktri Jenerɛl fɔ Rɛd Layɔn ɛn San. Mista Dɔktɔ Abas Nafisi ɛn Dɔkta Abolqasem Nafisi, we na di edman fɔ di Khaje Nouri Materniti Ospital, bin lɛk mi aydia ɛn opinion dɛn ɛn dɛn prɔmis ɔlkayn ɛp ɛn wok togɛda; Fɔ di rizin fɔ di fɔs invɛstishɔn bɔt raw it, dɛn introduks mi to di Nemooneh Ɔfɛnej ɛn di Nɔmba Wan Nɔsri ɛn di Bahrami Children’s Hospital. I sɔri fɔ no se a bin mit sɔm prɔblɛm dɛn de, bikɔs i bin nid fɔ separet sɔm dɔktɔ ɛn wokman dɛn frɔm ol rɔng aidia ɛn fɔ mek dɛn no wetin dɛn de tink bɔt nyu aidia, so, bikɔs a bin de postpɔn di wok, mi tray nɔ bin gɛt ɛni bɛnifit ɛn a bin lɛf fɔ du di wok fɔ sɔm tɛm di tin we de apin. Na tru se, wit big big

rigrɛt, mɔ we a bin de wach gud gud wan di bad tin dɛn we dɛn kin du we dɛn nɔ de it di rayt we.

Bes wan, di administreta dɛm fɔ di institiushɔn dɛm we dɛn tɔk bɔt ɛn ɔl di dɔktɔ dɛm nɔ bin pe atɛnshɔn to di rial ifɛkt we day it gɛt ɛn dɛn bin jɔs gi it we dɛn kuk ɛn we nɔ impɔtant to ɔl di pasɛnt dɛn, lɛk rɛstɔrant dɛm, we kin mek sik 100%. Afta we a nɔ bin gɛt sakrifays na mi yon kɔntri, a disayd fɔ tɛl di sayɛnsman dɛn na ɔda kɔntri dɛn bɔt mi aidia, so dat sɔntɛm dis we a go gɛt pruf we rayt ɛn we nɔ go dinay fɔ mek a impruv mi plan na mi kɔntri. Naw we di tɛm dɔn rich, a fil se na mi oli wok fɔ gi dis impɔtant infɔmeshɔn to una we dɔn sho una intenshɔn to di wɔl wit di wayt rivɔlɔshɔn fɔ shah ɛn pipul dɛn.

Mi Inglish buk bin fɔs print ɛn pul am insay 1963, ɛn dɛn dɔn sɛl am. Dɔn, insay 1965, a bin pul di sɛkɔn buk insay Aminia langwej ɛn tu ia afta dat, a translet di sem buk insay Inglish langwej, we a yuz fɔ sɛn ɛni wan pan dɛn to una. A bin sɛn tɛn tawzin volyum dɛn pan dɛn buk ya ɛn lɛk af milyɔn fri liflet dɛn to di pɔlitiks pipul dɛn na ɔda kɔntri, to nyuspepa, institiushɔn, yunivasiti, ɛn ɔda tin dɛn wit mi pasɔnal mɔni ɛn risɔs. Dis ia bak, a print tɛn tawzin smɔl buk dɛn insay Aminia langwej fɔ gi pipul dɛn fɔ fri. Di rizulyt fɔ dɛn tin ya na dat tide na di kɔntri dɛn na di wɔl, mɔ na Amɛrika, India ɛn Aminia, bɔku bɔku pipul dɛn de we na Raw-Vegan, bɔku pan dɛn na bin pasɛnt dɛn we bin disapɔynt wit di dɔktɔ dɛn, ɛn naw dɛn kin kɔntinyu fɔ liv dɛn layf wit pafɛkt wɛlbɔdi. A kin gɛt bɔku bɔku lɛta dɛn fɔ tɛl tɛnki frɔm dɛn. Klose to ɔl di vegans ɛn naturopathic dɔktɔ dɛm ɛn ɔda prɔgrɛsiv wɛlbɔdi institiushɔn dɛm de spre mi buk ɛn liflet dɛm ɛn stat bɔku advatayzmɛnt bɔt raw veganism; Dɛn kin pablish mi anɔnsmɛnt dɛn na dɛn nyuspepa, dɛn kin bil sanatorium fɔ raw veganism. Insay Mɛksiko, dɛn kin mek wan ples usay dɛn kin mɛn pikin dɛn we nɔ gɛt mama ɛn papa we dɛn kin it raw it. Dɛn de translet mi buk insay Spanish na Ajentina ɛn insay Hindi na Dili ɛn dɛn de print am naw. Di BBC bin prezant mi buk na TV ɛn rid sɔm pat pan am to di pipul dɛn; Filantrɔpik dɔktɔ dɛn na Yurop, Amɛrika, ɛn ɔda wan dɛn kin gi mi adrɛs to "incurable" pasɛnt dɛn ɛn dɛn kin kɔmɛnt fɔ rid di

buk we dɛn kɔl raw-eating. Bayolojist dɛm na Yerevan Akademi de difend ɛn sɔpɔt mi tinkin na di mɔnt magazin "Science & Technics".

Bikɔs dɛn bin pul mi big buk insay Aminian tɛn ia bifo dis tɛm, di... di nɔmba fɔ di wan dɛn we de it raw na Yerevan bin bɔku. Dɛn kin mek padi biznɛs wit dɛnsɛf ɛn ɔganayz pati ɛn sɛlibreshɔn dɛn bay we dɛn de it raw it. Dɛn kin si bɔku dɔktɔ dɛn bak bitwin dɛn pipul ya we de it raw it; Di edman ɛn prɔfɛsɔ na di nyutrishɔn dipatmɛnt na Yerevan Yunivasiti kin ɔganayz lɛkshɔn dɛn bɔt raw it, ɛn na dɛn gɛda dɛn ya, pipul dɛn we dɛn dɔn sev frɔm bad bad sik dɛn kin gi dɛn

Fɔ ɛgzampul, wan uman dɔktɔ we bin gɛt paralayz ɛn we bin de nɔ ebul fɔ muv fɔ 4 ia, i tinap afta fɔtin mɔnt we i it raw it ɛn naw i gɛt pafɛkt wɛlbɔdi. Wan ɔda ɛgzampul we intrestin: wan pan mi fambul dɛn, we na yɔŋ man we ol twɛnti-ɛit ia, bin de sɔfa wit wikɛd in nerv ɛn i nɔ bin ebul fɔ muv in an ɛn leg dɛn; I nɔ bin pe atɛnshɔn to mi fri instrɔkshɔn dɛn, i travul go Yurop tri tɛm ɛn spɛn pas wan milyɔn rial te i dɔn gɛt di raw-eating buk na Lausanne frɔm wan fambul nyurolɔjis we bin dɔn rid mi buk ɛn kam fɔ no di trut. I bin go bak na Tehran.

Bɔku bɔku dɔkyumɛnt dɛn we fiba dis de na di fayl we gɛt fɔ du wit am ɛn mi a rɛdi fɔ prisent dɛn to ɛnibɔdi we dɛn dɔn pik . Afta ɔl, di big sakrifays we dɔn kam to mi dis biɛn tɛm na dat di gɔvmɛnt na India dɔn ɔfishal wan no se mi buk yusful ɛn dɛn dɔn disayd fɔ pablish am ɛn rikomɛnd fɔ rid am to di pipul dɛn na India so dat dɛn go fala di instrɔkshɔn dɛn we di buk gi . ɛn sev frɔm sik, po ɛn angri.

Tide i dɔn pruv fɔ tru se di wan dɛn we de avɔyd di kɔnsɔmshɔn fɔ it dɛn we dɛn kuk, pɔyzin drɔgs ɛn ɔda tin dɛn we dɔn day nɔ gɛt ɔl di sik dɛn, ilɛksɛf i layt ɔ ebi, lɛk at atak, kansa, dayabitis, sik dɛn we pɔsin kin gɛt, kol. etc de sev. Di dɔkyumɛnt dɛn we de pruv gud gud wan se as dɛn de opin nyu ɔspitul dɛn, di nɔmba fɔ di wan dɛn we sik de go ɔp di rayt we; Bikɔs ɔspitul, famasi ɛn kichin na di say dɛn we sik kin kɔmɔt; So, nid nɔ de fɔ bil nyu ɔspitul, bɔt dɛn fɔ mek kɔndishɔn so dat dɛn go lɛf ɔspitul dɛn we nɔ gɛt pasɛnt ɛn lɔk dɛn wan afta di ɔda, ɛn

dis k□ndyush□n de □nli f□ chenj di we aw pipul dɛn de it. Kɔntribyushɔn to wetin sɔm pipul dɛn kin tink, i rili izi fɔ du dis.

As di gɔvmɛnt na India dɔn disayd, fɔs, i nid fɔ rikɔmɛnd di neshɔn fɔ rid di buk we gɛt raw it ɛn sɛkɔn, dɛn fɔ ɔfishal wan anɔys se fɔ kuk na tin we nɔto fɔ natin ɛn we nɔ impɔtant. Dɛn fɔ gɛt limit fɔ di lay lay ɛn mistek advatayzmɛnt dɛn bɔt day it, pɔyzin drɔgs ɛn kemikal vaytamɛn dɛn.
Bifo dɛn sheb pɔyzin drɔgs bitwin di fama dɛm, di Ɛlth Kɔp ɔfisa dɛm kin tich dɛm aw fɔ gro frɔm sɔm layf vegjetabul dɛm. ɛn wit we dɔn gro, we dɛn dɔn pripia fayn ɛn we nɔ dia we gɛt wɛlbɔdi, ɔ aw pɔsin kin ful-ɔp in bɔdi wit tu rial wit wit, tu rial dɛt ɛn tu rial vɛjitebul ɛn liv witout sik.

Tru di prɛs, redio ɛn tɛlivishɔn, i pɔsibul fɔ wɔn ɛn prɛskrib to di neshɔn bɔt di chenj dɛn we de apin pan di we aw pipul dɛn de it, di pripiamɛnt fɔ layf ɛn rili gi trɛnk natura it dɛn; Dɛn kin chenj ɔspitul dɛn smɔl smɔl to say dɛn we dɛn kin mɛn pipul dɛn we sik; Di we aw dɛn de fid di nɔsri, ɔfɛnij ɛn ɔspitul dɛn fɔ bi ɔbligaytɔri raw-vegan smɔl smɔl. Dis kin mek pipul dɛn kin muf dɛn say dɛn ya we dɛn kin mɛn pipul dɛn we sik, go na dɛn os ɛn bi dɛn yon dɔktɔ. I nɔ go te igen, di ɔspitul dɛn go ɛmti wit pipul dɛn we sik ɛn dɛn go lɔk dɛn wan afta di ɔda wan. Di we aw pɔsin de it ɔlkayn tabak, drink, mit, fish ɛn ɔda tin dɛn we de ambɔg pɔsin go stɔp smɔl smɔl.

Dɛn kin kɛr amɔnd, pistachio, dɛt, rɛsin ɛn dɛn kayn valyu it dɛn de ɛn bɔku ɔda frut ɛn vɛjitebul dɛn go ɔda kɔntri dɛn wit di prayz we smɔl pas ɔl, dɛn fɔ stɔp dis ɛn dɛn nɔ fɔ ɛkspɔt am. So na wi yon pipul dɛn go it it we dɛn plant na ya ɛn as a rizulta, pipul dɛn liv standad go go ɔp ɛn dɛn bad abit go go dɔŋ. Tif, kraym ɛn fɔj go dɔn. Dis, we i tan lɛk se i nɔ pɔsibul fɔs, go bi rial tin na wi kɔntri insay sɔm ia.

Wi nɔ fɔ pe atɛnshɔn to di absɔd, lay, ɛn mistek we sɔm dɔktɔ dɛn we lɛk mɔni ɛn we nɔ gɛt sɔri-at gɛt, bikɔs dɛn nɔ jɔs nɔ ebul fɔ fɛn di smɔl smɔl mɛrɛsin fɔ mek dɛn nɔ gɛt sik wit wetin dɛn de tɔk, bɔt dɛn nɔ ebul fɔ fɛn bak wit di rɔng tin dɛn we dɛn de du ɛn

mistek dɛn bin dɔn mek dɛn sik ya skata. Di ansa to ɔl dɛn tɔk ya na jɔs di patikyula rizɔlt fɔ wok ɛn akshɔn. If di rizɔlt we a gɛt na mi famili nɔ inof fɔ dɛn, ɛn bak bitwin di pipul dɛn we de it raw it we skata na ɔda kɔntri dɛn, if a gɛt inof fasiliti ɛn mins, a rɛdi fɔ pruv ɛn pruv di tru tin we a tɔk wit akshɔn insay shɔt tɛm.

Mai rikwest na se yu peshɛnt rid di buk ɛn notis dɛm we a dɔn sɛn to yu insay Inglish."

"To di prezɛns fɔ di big wan we sev mɔtalman frɔm po ɛn sik:

Mi na ɔfisa we dɔn ritaia na di Impɛrial Ami, we ritaia wit ettin ia ɛn tri mɔnt ɛkspiriɛns bikɔs a bin fat pasmak insay di ia 1344 (Persian solar calendar) akɔdin to di disayd we di Mɛdikal Kaɔnsil fɔ di Ami disayd akɔdin to di fayl we mi siriɔs sik dɛn we dɛn bin arenj. Bifo a ritaia fɔ sɔm tɛm fɔ trit mi fat, we a bin dɔn gɛt arawnd 125 Kg, dɛn bin de gi mi slim pils lɛk Mɛtrikal ɛn a tek dɛn, ɛn as a rizulta mi wet rich 150 Kg ɛn kɔntinyu fɔ go ɔp. Te dɛn nɔ gɛt di pawa fɔ wok kpatakpata. Dɔn, we a gi mi vaytamɛn, kebab ɛn ɔda it dɛn, a bin gɛt asma bak. Dɛn bin disayd fɔ ritaia mi, dat min se dɛn nɔ go gɛt bɛnifit, dat min se dɛn nɔ go pe mi. Dis tɛm we mi asma bin de mek a sɔfa, dɛn sɛn mi na di alɛji dipatmɛnt na di ɔspitul nɔmba 502 na di ami ɛn gi mi ettin kayn injɛkshɔn na mi an, ɛn ɛvri wan pan dɛn we swel, dɛn se yu de alɛji to dɛn tin dɛn de, fɔ tru dɛn ɔl swel, bɔt tu ɔ tri Dɛn bin tink bɔt dɛn jɔs lɛk aw di petishɔn nɔ ɛmti ɛn dɛn se yu alɛji to dɛn ɛn yu fɔ du injɛkshɔn tri tɛm insay di wik; Dis bin mek a gɛt at asma ɛn we a bin gi mi ɔda pils dɛn lɛk Valium, brɔst srɔp ɛn drɔgs we de kil, mi kidni nɔ bin wok ɛn a bin de pen bad bad wan na mi bɛlɛ. Dɔn mi wet bin go ɔp frɔm 160 Kg ɛn bak bay we a tek di strɔng kɔtin tablɛt dɛn we di dɔktɔ bin gi mi, a bin de fat ɛvride ɛn a bin gɛt wetin dɛn kɔl Kɔtni fat ɛn dɛn bin sɛn mi bak pan strɛcha

to di wod na di sem ɔspitul fɔ tritmɛnt we go de sote go!
Afta di ɔpreshɔn pan di ɔmbilikal hɛnia, di dɔktɔ tɛl mi se a ɛmti tati milyɔn yunit dɛn pan penisilin na yu bɛlɛ; Naw a ɔndastand se wit dis penisilin, a bin dɔn rich di say we a go day. Dis tɛm ya, mi smɔl gyal pikin bin gɛt at rɔmatik ɛn i bin gɛt fɔ injɛkt wan milyɔn tu ɔndrɛd penisilin (Penador) ɛvri wik te i ol 18. Na di ɔda say, mi smɔl bɔy pikin in leg dɛn bin kruk frɔm di sayd dɛn ɛn i bin de sɔfa wit so -we dɛn kɔl rachitis. Mi wɛf we de sɔfa wit po ɛn bɔku sik dɛn we mi ɛn mi pikin dɛn gɛt, bin kɛr kɔmplen go na di famili sɔpɔt kɔt ɛn aks fɔ alimoni, ɛn a nɔ bin ebul fɔ pe alimoni bikɔs ɔf mi smɔl salari, a dayvɔs am, we min se a go sev am frɔm dis misɛf layf. A bin de wit fayv pikin dɛn we sik ɛn we nɔ gɛt mama ɛn papa. Ɛvride, we a bin de go to dɔktɔ dɛn wit wɛlbɔdi inshɔrans buklet dɛn, dɛn bin de ful-ɔp bɔku pan di buklet dɛn ɛn dɛn bin de tek bɔku mɔni pan mi salari we na fɔ go visit, ECG ɛn fɔ pe fɔ di lɛbɔretri. A go lɔs sɔm pan mi salari bak f
Te di bukman na mi pikin in skul, we notis mi situeshɔn, gi mi di raw it buk. a rid dis buk wit ful entusiasm en a aksept di tin dem we de insay en togehda wit mi pikin dem wi stat it 100% raw vegan. Insay sɔm dez, mi asma bin klin; Dɔn mi gyal pikin in kɔndishɔn bin de bɛtɛ smɔl smɔl ɛn mi smɔl bɔy pikin in leg dɛn bin de stret, ɛn a bigin fɔ yɔŋ bak. Insay siks mɔnt, mi wet bin go dɔŋ frɔm lɛk 160 to 70 Kg. Insay dis tɛm, bay we a de it raw ɔl, a dɔn gɛt layf ɛn fresh layf bak fɔ pikin ɛn a dɔn prɔmis to misɛf se a nɔ go ɛva tɔch it we de kil. A gɛt fɔ pe mi sev frɔm misfɔstans to yu buk."



Mista Akbar Tofangchi- No. 11, Khazaei Ali, Arabians neba, Naser Khosrow St, Tehran.

Di pɔsin we rayt dis lɛta na wan uman we kam na Tehran Raw Vegans klab ɛvride afta in wok ɛn ɛp wi na di klab, ɛn sɔntɛnde i kin ivin kapchɔ sɔm vidio dɛn frɔm di klab wok dɛn:

“Aw a win kansa bay raw veganism: I nɔ

go te igen a go de sɛlibret mi sɛkɔn anivesari fɔ go raw. Jɔs tu ia bifo dis tɛm we mi kansa pen bin de mɔna mi, dɛn bin introduks mi to wan raw it buk we chenj mi layf kpatakpata. Infakt, dis buk sev mi layf.

Na 2533/2/21 (Persian imperial calendar) a fil sɔntin we strenj na mi rayt brɔst. A vɛks smɔl, a go to dɔktɔ, bɔt di ɛkstrem nɔ sho ɛnitin we nɔ kɔmɔn. Afta tu mɔnt, di pen bigin ɛn i nɔ tu te, i bin de wɔs. Fɔ go to dɔktɔ dɛn fɔ tritmɛnt bin bigin.

Na 2533/6/25 wit mi permishɔn, dɛn du ɔpreshɔn; We a gɛt kɔnshɛns bak, a notis se mi rayt brɔst dɔn lɔs, mi raytan dɔn swɛ.

mi mud no chenj plenti te pan 2535/1/5, we a fil pen na mi lef thigh, a go to sohm dokta en afta a tek sohm foto, dem no se na bon kansa en oda a

kɔmpyuta ripɔt fɔ ɔsteotomy frɔm ed to fut. tek Insay wan ɔda ɔpreshɔn fɔ mek di sik nɔ go bifo, dɛn pul mi uterus ɛn ovaria dɛn bak. Fɔti dez pas... di dɔktɔ dɛn se a fɔ de na ɔspitul bak. A disayd fɔ go ɔda kɔntri ɛn kɔntinyu di tritmɛnt de. A bin go na Izrɛl; Afta dɛn pul mi rayt brɔst, dɛn kin tek pikchɔ fɔ mi lɔng ɛn mi liva ɛvri tri mɔnt. Bɔku raytin bin de go insay mi bɔdi. Dɛn bin de trit mi wit kobalt fɔ fɔti sɛshɔn, insay ɛni sɛshɔn dɛn bin de put kobalt na wan say fɔ tri minit ɛn na di ɔda say fɔ tri minit.

Na Izrɛl, dɛn bigin fɔ tek pikchɔ ɛn ɛkstrem rayt bak, dɛn tek pikchɔ fɔ mi goitre, we a bin dɔn ɔpreshɔn pan ia bifo.

Fɔ dɔn, mi dɔktɔ ɛksplen to mi di wan ol prɔses ɛn se: "Dɛn pul yu chɛst let, dis sik de atak tri pat na di bɔdi, lɔng, liva ɛn bon dɛm; Yu gɛt bon kansa we dɔn go bifo. Di ed pan yu fimur dɔn tan so tin." dat a wanda aw i no brok we a sidon na di plen chia?"

Insay Izrɛl, dɛn bin gi fayvtin sɛshɔn dɛn we dɛn kɔl kobalt. A go bak na Tehran wit wan smɔl bag we ful-ɔp wit foto, lɛta, prɛskrishɔn ɛn instrɔkshɔn. A bin gɛt kemotɛrapi fɔ wan wik na Tehran, ɛn frɔm sɛvin oklɔk na mɔnin to tu oklɔk aftanun, dɛn kin put sɔl na mi ed. Bikɔs dɛn bin stɔp di ɔmon dɛn, mi bɔdi wet bin go ɔp frɔm siksti-ɛit kilo to et-tri kilo. Dɛn bin ivin tɔk se mi ia go fɔdɔm ɛn a go gro biad ɛn mɔstaz. Wan de, we a bin want fɔ tek kapsul, we a rid di brosho, a si se dɛn rayt se dis drɔg gɛt te to twɛlv bad tin dɛn ɛn sɔntɛm i kin day; Bɔt a bin stil de alayv so a disayd fɔ stɔp fɔ anɔynt misɛf.

Afta tɛn mɔnt, di chenj we impɔtant pas ɔl na mi layf bin apin. We wan pan mi padi dɛn, we insɛf bin paralayz, tɛl mi se i fil fayn pasmak afta wan mɔnt we a dɔn go raw vegan, a disayd fɔ bi raw vegan bak. Di nɛks de, a go na di raw vegans klab wit wan sik ɛn disapɔynt bɔdi fɔ lan bɔt dɛn nyutrishɔn we. A bin it af raw ɛn af kuk fɔ sɔm dez, dɛn bin de ɛnkɔrej mi mɔ ɛn mɔ ɛn las las a bi wan

absolyut raw it pɔsin. We a it raw fɔ di fɔs mɔnt, wan mirekul bin apin na mi bɔdi. Mi aybrɔw ia we bin dɔn fɔdɔm ɔl, bigin fɔ gro bak; A bin gɛt mɔ trɛnk fɔ waka, mi yay bin de si fayn ɛn a bin fil se a gɛt layf bak. Wan de a fɔdɔm frɔm stej na di mabul flo na di sɛntral inshɔrans ɔfis; A bin fil lɛk se a go paralayz. Wit dem tu mun raw it, plenti chenj bin de na mi bodi dat wen dem tek pikchur fo mi pelvis en leg bak, di dokta se: "Yu bon dem geht helti pas mi yon." No trays nɔ bin de fɔ dɛn dip wund dɛn de we bin lɛf na mi bɔdi. A dɔn kip ɔl di dɔkyumɛnt ɛn foto dɛn bifo ɛn afta raw it. Tide, afta tu ia we a dɔn de it raw veganism, a dɔn chenj kpatakpata. A nɔ bin tek ɛni mɛrɛsin insay dis tɛm Mi raytan we bin dɔn swɛla afta di ɔpreshɔn, dɔn kam bak to nɔmal. Mi bɔdi we bin ful-ɔp wit pimples ɔnda di skin afta kemotɛrapi ɛn we bin de fil bad bad wan, bin bɛtɛ ɛn di pimples nɔ bin de igen. Insay dis tɛm, a bin lɔs twɛnti kilo. Naw a de wok et awa ɛvride ɛn a de rili aktif insay mi fri tɛm. A op fɔ spɛn mi tɛm wit gladi at ɛn gɛt wɛlbɔdi na dis nyu layf."



Maryam Neshan BarJan, Dɛn bɔn am Julay 25, 1931 - Tehran

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Dɛn lɛta ya ɛn bɔku bɔku ɔda lɛta dɛn we dɛn kin gɛt frɔm pipul dɛn we de it raw we kɔmɔt na difrɛn kɔntri dɛn ɔlsay na di wɔl, pruv se dɛn sik pipul dɛn we kin stɔp fɔ yuz drɔgs ɛn it we dɛn kin kuk kin wɛl wantɛm wantɛm ɛn ɔltɛm frɔm ɔl kayn sik wans fɔ ɔltɛm.

Di "AVANGUARD" nyuspepa, we dɛn de pul na Yerevan, di kapital siti na Aminia, rayt insay wan pan in isɔ dɛn (1964, No. 98): "Bɔku injinia, myusishan ɛn peinta, ɔl na
we na man dɛn we lan buk, dɔn bi pipul dɛn we de it raw. Dɛn kin mek yu no se dɛn kin fil so layt ɛn gɛt wɛlbɔdi dat dɛn nɔ kin swet ɛn nɔ kin fil di palpiteshɔn na dɛn at."

Di Moscow journal we dem kol "SCIENCE AND LIFE" konfes in in Mach, 1965 isɔ se bɔku pipul dɛn de we de it raw-it bitwin di wan dɛn we de rid am, we dɔn wɛl frɔm difrɛn sik dɛn ɛn we dɔn tɛl di ɛditɔ dɛn bɔt di ful ditil dɛn bɔt aw dɛn dɔn wɛl.

Insay di sikɔstɛms pɔsin nɔ kin ɔndastand wetin mek bayolojist ɛn ɔda rispɔnsibul ɔtoriti dɛn nɔ de tek aktif mɛsej fɔ impruv di prinsipul dɛn fɔ it raw. Wetin mek dɛn de shem we dɛn dɔn fɛn di we fɔ rich dɛn las gol fɔ fri mɔtalman frɔm sik dɛn ɛn mek shɔ se ɔlman gɛt gladi at? If dɛn want, dɛn kin mɛn ɔlman we sik insay tu mɔnt ɛn ɛmti di ɔspitul fɔ dɛn sik pipul dɛn. Na evri nobul pesin duty fo aks dem if dem wan achiv dis aim or not.

A de tɔk wit ɔl mi at to di wan ol wɔl se BIKOZ DƐN NA DI FƐKTƆR DƐN WE DE PƆYZƆN ƐN DI RƐKƆMƐNDƐSHƆN FƆ KUK FUD DƐN WE DƐN DE RƐKƆMƐNDƐSHƆN FƆ DI KRAYM DƐN WE NƆ GƐT AT, BIKOZ NA DƐN NA DI FAKTƆ DƐN WE

KƆZ ƆL MƆTALMAN SIK.

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Nays 7 ia ol wayt dɔg, Jɛki de liv wit wi as raw vegan frɔm di fɔs tɛm na in layf.

Naw i izi fɔ pruv se fɔ it mit nɔto tin we nɔmal ivin fɔ ɔda pipul dɛn animal, ɛn wi nɔ gɛt rial animal dɛn we de it bif. Jɛki dɔn yus to di it dɛn we wi de it frɔm we dɛn bɔn wi. Bɔku pan in it na wit, dɛt, rɛsin, pistachio, salad ɛn difrɛn frut dɛn, ɔl dɛn tin ya na layf (raw) fɔm, bikɔs na wi os, nɔto ivin wan gram day it de. Dis dɔg kin ivin it anɔynt ɛn radish wit big want. We wi kɛr am go na do na di siti, i kin it gras lɛk ship pikin na di grɔn. We yu kɔmpia am wit ɔda dɔg dɛn, dis dɔg rili wɛl, i fresh ɛn i ful-ɔp wit ɛnaji. If wi want fɔ yus di pikin dɛn fɔ layɔn, lɛpad ɛn wulf fɔ it plant lɛk dis dɔg, afta sɔm jɛnɛreshɔn dɛn go lɛf dɛn bad bad tin dɛn kpatakpata ɛn dɛn go gɛt kol at, ɛn dɛn kin liv togɛda wit ɔda animal dɛn lɛk kaw. Bɔt difrɛn frɔm dat, wi nɔ go ɛva ebul fɔ mek kaw yus fɔ it mit.

Wetin wi fɔ avɔyd?

Di dray frut we dɛn dɔn prosɛs wit sɔlfɔ ɔ shap wata ɔ wit ɔda kemikal dɛn nɔ fɔ it, bikɔs i nɔ gɛt ɛni valyu fɔ it ɛn na jɔs pɔyzin tin, so dat ivin wom nɔ go kam nia am. Yu nɔ fɔ it da ɔliv ɔyl de we dɛn dɔn filta wit kemikal ɛn we nɔ gɛt in natura kɔlɔ ɔ smɛl ɛn teist

ɛn i dɔn lɔs in nyutrishɔn valyu. Ɔliv we dɛn dɔn sɔl, kɔkumba we dɛn dɔn pik ɛn pikɛl we dɛn mek wit sɔl ɔ vinega, dɛn nɔ kin tek dɛn as tin dɛn we gɛt layf ɛn we na natura l it. Dɔn bak, vinega, wayn ɛn dɛn kayn tin dɛn ya we dɛn kin it we dɔn kam bak frɔm dɛn fɔs ɛn natura stet nɔ gɛt ɛni nyutrishɔn valyu. Dɛn kin pripia sɔl bak di we aw i kin wam ɛn i kin ambɔg, pan ɔl we di sɔl we di bɔdi nid, de insay frut ɛn vɛjitebul. Nɔ yuz pɔmanganat ɔ ɔda tin dɛn we de kil di sik fɔ was frut ɛn vɛjitebul dɛn.

Nɔ yuz ɔt rum, ɔt klos ɛn dɔti briz. Nɔ yuz sop ɔ shampoo, dɛn gɛt kemikal dɛn we de ambɔg di skin ɛn di bɔdi; Tek shawa kwik kwik wan.

Raw vegans nɔ de it tin dɛn we nɔ natura, we dɛn kuk, we gɛt mit ɛn fat fɔ yu fɔ tɔsti bad bad wan; I nɔ de it kalori dɛn we nɔ gɛt wan valyu fɔ mek dɛn kil am wit kol wata, i nɔ de swet fɔ ful-ɔp in ples wit wata. Apat frɔm dat, natura l it dɛn gɛt inof wata wit dɛn. Nature dɔn mek natura l it dɛn so dat dɛn kin ful-ɔp wit wata insay di sɔmma ɛn smɔl wata insay di winta. We pɔsin we de it raw tɔsti, i kin stɔp in tɔsti bay we i it kɔkumba ɔ tomato ɔ kɔp frut jus ɔ klin spring wata. Fɔ dis ɛn fɔ mek dɛn ad wata to kɔmpɔt ɛn ɔda tin dɛn, ɔlman we gɛt layf fɔ pripia wan ɔ tu glas spring wata ɛvride. Insay prinsipul, pɔsin we de it layf nɔ fɔ alaw ɛni kemikal ɔ pɔyzin tin fɔ kam insay in bɔdi, ilɛksɛf di tin we i de it rili smɔl; na dat i nɔ fɔ drink tap wata. Dis wata gɛt klorin ɛn fluoride, ɛn ilɛksɛf i smɔl, bikɔs i gɛt pawa fɔ kil maykirɔb dɛn, i gɛt pawa bak fɔ pwɛl di sɛl dɛn na mɔtalman bɔdi. di m□talman sɛl dɛm dɛn tu sɛnsitiv lɛk m□talman, dɛn kin p□yzin kwik kwik wan ɛn dɛn kin fɛl, dɛn kin yɛri str□ng k□m□t na □lsay na di w□l pan dis r□ng pr□sis. Sɔm pipul dɛn nɔ kin tek dis pɔyzin, dɛn kin tek dis tap wata, ad sɔm nyu kemikal ɛn pɔyzin pan am, mek am difrɛn kɔlɔ ɛn kɔl am drink we nɔ gɛt rɔm.

Wan tɛm insay di mɔnt, wi kin kam wit sɔm jɔg dɛn we gɛt wata frɔm di Vanak spring na Tehran we de nia wi ɛn yuz am. Big difrɛns de bitwin di teys ɛn smel we spring wata ɛn tap wata kin te.

Sprɛy ɛn kemikal fɛtilayza na wan pan di tin dɛn we di "siviliz" pipul dɛn na dis tɛm de du we nɔ gɛt sɛns. Gridi pipul dɛn de pɔyzin di wɔl wit

kemikal fɛtilayza ɛn artificially inkrisayz di prodak amount ɛn insted fɔ lɔs in kwaliti; dɛn kin sprɛy frut ɛn vɛjitebul we dɛn dɔn rayp ɛn sɛl am to pipul dɛn wantɛm wantɛm. Leta, di dɔktɔ insɛf we mek dis sprɛy, si di bad tin we kin apin to in yon wok ɛn instead fɔ stɔp am, i nɔ gri fɔ it frut ɛn vɛjitebul.

Naw we di tin dɔn tan lɛk dis, pipul dɛn nɔ fɔ yuz di bad tin fɔ sprɛy as ɛkskyuz ɛn kuk frut ɛn vɛjitebul. Bikɔs if sprɛy de pwɛl di valyu fɔ di prɔdak bay fɔ ɛgzampul 10%, we yu kuk de pwɛl di valyu bay 100%, ɛn di sem tɛm, i de mek bɔku pɔyzin na it we dɔn day pas we yu sprɛy. Pipul fɔ was dɛn it ya we gɛt pɔyzin fayn fayn wan ɛn di sem tɛm fɔ fɛt dis tin we nɔ fayn fɔ mɔtalman. Naw pipul dɛn vɔys de rayz frɔm ɔlsay na di wɔl. Dɛn kin mek asosieshɔn dɛn, print magazin dɛn, ɛn opin spɛshal stɔ ɛn santorium ɛn bɔding os fɔ fid pipul dɛn wit it we dɛn dɔn mek we nɔ gɛt kemikal fɛtilayza ɛn peshɛnt sayd. Sɔm pan mi fɔrina pipul dɛn we de fala mi, kin bay land fɔ dɛnsɛf fɔ gɛt prayvet gadin ɛn gi dɛn frut ɛn vɛjitebul nid dɛn we dɛn nɔ gɛt kemikal fɛtilayza ɛn liv wit rial fridɔm.

Adventure of the Tehran RawVegans Association A disayd fɔ

translet ɛn pablish mi buk insay Frɛnch, Jaman, Spanish ɛn Arabik, ɛn bak fɔ mek buk dɛn frɔm lɛta dɛn we rili intrestin ɛn mek a go bifo pan mi glob ɔl aktiviti, bɔt mi padi ɛn raw fud pipul dɛn bin insist fɔ mek wan klab na Tehran . Tugeda wit som faunda dem, wi kollekt som moni bitwin wi, pripia chata and stat di wok. A gi mi tu big rum dɛm na di grɔn flo na mi os wit wata, ilɛktrishɔn ɛn tɛlifon fri to di klab ɛn spɛn tu ɛn af ia fɔ manej di klab ɛn raw vegan rɛstɔrant. A bin gɛda mɛmba dɛn we fetful to mi filɔsofi ɛn di kɔnstityushɔn na wi kɔmyuniti, ɛn dɛn bin aktif, ɛp, ɔganayz padi mitin, tɔk bɔt di rizɔlt dɛn we dɛn gɛt frɔm it raw, gɛda gift, ɛn dɛn bin de jok lɛk big famili ɛn insay dis we wi bin gɛda lɛk 900 mɛmba dɛn.

Wan ia afta dɛn mek di grup, Mista Javad Ramezani, . we bin sik bad bad wan ɛn di dɔktɔ dɛn bin dɔn kɔt in bɛlɛ ɛn

duodenum ɛn mek chenj na in bɛlɛ, i kam na di klab we i de day (akɔdin to wetin i se) ɛn bi mɛmba, i bi raw it ɛn dɛn sev am frɔm day. I bin rili intres pan di tin dɛn we di kɔmyuniti bin de du ɛn dɛn bin pik am fɔ bi mɛmba na di bɔd ɔf dayrɛktɔ dɛn. I sɔri fɔ no se i nɔ bin ɛva ebul fɔ ɔndastand di dip ɛn simpul filɔsofi bɔt raw veganism. Sɔntɛnde i kin se: "Mi tinkin nɔ rich Aterhov in maynd yet, i kin rich de wan de." A dɔn de wet fɔ dɛn de ya fɔ lɔng lɔng tɛm, bɔt na fɔ natin. Mista Ramezani se: "Aterhov nɔ fɔ atak dɔktɔ ɛn mɛdikal sayɛns ɛn kɔndɛm di rɔng tin dɛn we dɛn de du." Bɔt a nɔ bin gɛt dis opinion ɛn a bin want fɔ tɛl pipul dɛn di tru.

We di tin dɛn we di klab bin de du bin go bifo smɔl, a bin ɛmti di fɔs flɔ na mi os, ad pan di rum dɛn we bin de bifo wit wan pat pan tri pan di rent we di brɔkers bin de gi, ɛn gi dɛn to di klab (af pan di os na mi yon wife.A no geht rent na mi haf). Wit mi yon spɛns, a opin wan spɛshal domɔt na di strit ɛn bil wan 30 kubik mita bɛsin fɔ kip tin dɛn, di mɛmba dɛn na di kɔmyuniti nɔ bin de gɛt mitin ɔltɛm, wi bin pik wan bɔd ɔf dayrɛktɔ dɛn bitwin sɔm pan di aktif mɛmba dɛn, ɛn insay ɔda fɔ pruv to Mista Ramezani se I nɔ rayt pan in we aw i de si tin, a mek i pik di bod insɛf. I bin pik Dɔktɔ.

Mohammad Kaar (Prɔfɛsɔ na Tehran Mɛdikal Yunivasiti) as di Chairmɛn fɔ di Bɔd ɔf Dayrɛktɔ dɛn. Dis dɔktɔ rayt wan buk we dɛn kɔl "Raw Vegetarianism" we ful-ɔp wit absɔd ɛn mininlɛs laboratori fɔmula ɛn i west di ɔdiɛns in tɛm wit lɛkshɔn dɛn we nɔ gɛt wan valyu. I nɔ tu te, i mek big big krach na di klab se wi fɔ drɛb am kɔmɔt na di mɛmbaship akɔdin to Atikul 29 na di klab kɔnstityushɔn. I go wit sɔm pan in pipul dɛn we gɛt di sem maynd, invɛst ɛn opin wan klab we dɛn kɔl "Scientific Raw Vegetarianism" na Minista Sɛnt, ɛni pɔsin lɔs 40 ɔ 50 tawzin toman ɛn lɔk am, sɔm pipul dɛnsɛf rigrɛt dɛn wok ɛn jɔyn wi klab bak. Mista Ramezani nɔ lan frɔm di rɔng tin we i du, bɔt difrɛn frɔm dat, instead fɔ wan dɔktɔ, i briŋ tu ɔ tri ɔda dɔktɔ dɛn kam insay di klab fɔ gi tɔk.

If dɛn bin dɔn gri wit mi wɔd dɛn we a bin dɔn rayt sɔm ia bifo dis tɛm na di buk we nem Raw-Eating, bɔku pan di pipul dɛn we dɔn day insay di las ia dɛn fɔ dɔn de alayv naw. Fɔ ɛgzampul, Dɔktɔ Iqbal, we na di edman fɔ di mɛdikal sistɛm, .

we bin gi mi to di kɔt fɔ mek dɛn pɔnish mi, bɔt dɛn bin pɔnish insɛf na rial layf ɛn day. Laki se di kɔt nɔ gri wit di kɔmplen we di mɛdikal sistɛm bin mek nɔ gɛt ɛni bɛnifit ɛn dɛn disayd fɔ mi. di medikal sistem bin klem se a de intafer di medikal "sayns" ba a noh geht enitin fo du whit dem, a jis sho di we fo nature en dis rait path go kip pipul helti en cur dem, en as a rizulyt, di inkɔm we fɔ dɔktɔ dɛn blok, bɔt nɔ biznɛsman nɔ lɛk in mɔni biznɛs fɔ pwɛl! Insay di buk "Raw-Eating" usay dɛn intaprit di filɔsofi bɔt raw it ɛn wit di gayd we dis buk gi, dɛn fɔm di sosayti fɔ raw vegans, dɛn tɔk bɔt sɔm bɛsik pɔynt dɛn we de pruv di rɔng ɛn bad tin we mɛdikal sayɛns de du.

A de rili abop plenti fo di flow of dis asosieshon and klab bikos a don fɔ pruv aw a west ɔl mi tɛm fɔ siks ia, nɔ de fa frɔm di tin dɛn we a de du na di wɔl, wok tranga wan ɛn spɛn mɔni, bɔt ɔl dɛn tray ya bin west bikɔs sɔm pipul dɛn we de tif, dɛn tek di kɔmyuniti, di klab, ɛn di rɛstɔrant wit ɔl in prɔpati ɛn fɔnicha frɔm mi ɛn di rial pipul dɛn na di kɔmyuniti ɛn gi dɛn to di wan dɛn we de agens am. Mista Javad Ramezani, we na wan jɛntriman we gɛt kruk ɛn we lɛk mɔni; I nɔ bin ebul fɔ ɔndastand di dip minin fɔ di rili simpul ɛn fayn fayn filɔsofi fɔ raw veganism, kɔntrari to mi opinion, i bin tink se i go rich usay i de go kwik kwik wan tru sayɛns. I bin biliv in opinion so ɛn i bin so shɔ bɔt insɛf dat i disayd fɔ du sɔntin fɔ drɛb mi na di klab ɛn put insɛf na mi ples ɛn in sayɛns filɔsofi insay di ples fɔ di lɔ we de na di nature. Dem put Dr. Majdi in "Eat and become beautiful" buk insted of raw eating buk and tek ova di klab wit di helep of dokta. Fɔ mek i ebul fɔ du dis denja gol, i bin gɛt fɔ yuz bɔku bɔku tin dɛn we nɔ gri wit di lɔ, we de brok lɔ, lay, trɛtin, fos am, stej, ɛn ɔda tin dɛn Fɔs, i bin tray fɔ mek MohammadReza Mahtabi ɛn Manouchehr Safarzadeh (tu mɛmba dɛn na di bɔd ɔf dayrɛktɔ dɛn) kɔmɔt nia am .

Mista Mahtabi, we ol 28 ia, we na agrikalchɔral injinia we bin sev frɔm siriɔs kidni sik bay we i it raw it, bin ɛp fɔ mek di klab fayn fɔ sɔm mɔnt. I bin bi wan yɔŋ man we gɛt sɛns we bin proud fɔ du ɔl di waya, plaba, peint ɛn kapɛnta wok na di klab wit di ɛp fɔ

Mista Safarzadeh bin de du am. Dɔn i bin de manej di wan ol klab ɛn rɛstɔrant fɔ siks mɔnt. I bin stɔdi aw fɔ pripia raw salad ɛn rayt wan buk we gɛt di taytul "Raw vegan foods, the only human food". Mista Mahtabi bin want fɔ mek wan agrikalchɔral kɔmni fɔ di sosayti, bɔt dɛn nɔ bin dɔn in plan bikɔs dɛn nɔ bin fɛn di rayt land; Mista Mahtabi nɔ rili jɛntri, ɛn if wi bin gi am smɔl salari fɔ manej di klab ɛn kip am, wi klab nɔ bin fɔ dɔn de na dis bad bad tin, bɔt dɛn bin de mɔna Mista Ramezani sote i rɔnawe pan wi ɛn tɛl in padi dɛn se: “A go go, it kuk ɛn day.” Ɛn insɛf bin du di sem tin. I bin go na Khorramshahr, gɛt wok na Keshavarzi bank, muf kɔmɔt na os, in padi ɛn pipul dɛn, i bin de in wan, kuk, ɛn as a rizulta, in kidni sik bin kam bak ɛn kil am.

Mista Manouchehr Saffarzadeh bin wok tranga wan fɔ di klab ɛn ɛp, bɔt bikɔs i bin ɔndastand di dip filɔsofi fɔ raw veganism bɛst pas ɔl ɛn i bin de difend am ɔltɛm, na bikɔs Mista Ramezani bin de luk am as ɛnimi, dis we. Di bod bin skata. Mista Safarzadeh bin go na Shiraz ɛn Mista Abulfazl Sadarat bin go na Jahrom, Mista. Ramezani ɛn Mista Kayhani bin de, Mista Abulfazl Kayhani nɔto impɔtant pɔsin, na Mista Ramezani ɛn in loyal padi in fambul. A bin travul go ɔda kɔntri tri ɔ 4 tɛm arawnd dis tɛm, raw vegan dɛn kin invayt mi ɔlsay na di wɔl, dɛn want fɔ si mi, ɛn sɔntɛnde a kin go si dɛn. Insai dis situeshɔn, Mista Ramezani si di fiel ɛmti ɛn bigin in diktetaship. Wi gɛt kɔnstityushɔn we ɛkspiriɛns lɔrist dɛn we dɔn si ɔltin bifo tɛm ɛn mek mi pawa strɔng fɔ mek dɛn nɔ du dɛn kayn lɔ dɛn de; Bɔt Mista Ramezani nɔ no di lɔ. Fɔ am, wetin i want na di lɔ.

Frɔm wetin Atikul 18, 21, ɛn 29 se, Mista Ramezani ɛn Mista. Dɛn bin drɛb Kayhani na di kɔmyuniti bay lɔ, ɛn ɛnitin we dɛn bin de du agens mi nɔ bin de akɔdin to lɔ ɛn dɛn bin de fos mi. If a bin want, a bin fɔ dɔn yuz mi ɔtoriti insay tɛm, pul dɛn ɛn tek ova di manejmɛnt fɔ di asosieshɔn, bɔt pan ɔl we i tan lɛk se i strenj, a bin gɛt spɛshal intres pan Mista Ramezani fɔ in aktif ɛn dinamik spirit, mɔ dat i bin de wok tranga wan ɛn ɛp di asosieshɔn. I bin dɔn ɔganayz wan sɛminari na in gadin. A nɔ bin want fɔ mek i vɛks; A bin de wet ɔltɛm fɔ mek i gri fɔ tek in mistek ɛn kam

Sɔntɛm i bin de provok mi ɛn tek insɛf as pɔsin we gɛt sɛns bikɔs i gri fɔ lan bɔt mɛrɛsin, bɔt a nɔ gri wit am. I se: "Pɔsin fɔ yuz ɔl kayn we ɛn plan fɔ fɛt." Mista Ramezani dɔn pik wan pan in padi ɛn klasmet dɛn, Mista Mostaan, fɔ bi bukkipa, we de tek ɔl di mɔni we dɛn gɛda frɔm di sɛl we dɛn sɛl di rɛstɔrant, ɔfis, ɛn mɛmbaship to di bank ɛn tɔn am na Mista Ramezani in pasɔnal akɔn. Wetin Mista Ramezani de du wit dis mɔni? Nɔbɔdi nɔ no ɛn nɔ de ansa ɛnibɔdi. Mista Ramezani bin dɔn mek wan sil; Sɔnde ɛn Tɛstamɛnt frɔm 16:00 to 20:00 ɛn Tɔsde frɔm 13:00 to 15:00, dɔktɔ ɛn pipul dɛn we sabi bɔt it bin de chɛk di sikman dɛn fɔ fri. I de put dis sil pan di liflet dɛn we a bin dɔn print wit mi yon spɛns, bikɔs Mista Ramezani nɔ de spɛn mɔni fɔ advatayz. Di medikal sistem komplen to mi se a de intafer fo medikal wok, nau Mista Ramezani de du dis.

Dɛn bigin fɔ du akupankcha na di klab fɔ sɔm tɛm; Uman, pikin, ol ɛn yɔŋ, sidɔm nia di wɔl wit nidul we dɛn stɔp na dɛn yes, nos, lip, fɔrɛst, an ɛn ni lɛk statu dɛn we nɔ de tɔk! Dɛn bin de wet fɔ mek di sik jomp kɔmɔt na di nidul in tip ɛn sev dɛn!

Us kayn fani tin dɛn we di pipul dɛn we kuk nɔ no natin nɔ de mek? Dr. Nawab giv tok tru di klab spika and im announce se im no gri wit Hovannessian opinion. Rili wel, Mista Nawab, if yu no gri wit mai filozofi, wetin yu de du fo dis klab? Bɔku bɔku pipul dɛn de na di wɔl we de agens raw veganism filɔsofi, dɛn ɔl gɛt rayt fɔ go insay wi yon klab ɛn tɔk agens wi? We a gi notis bɔt dɛn tin ya fɔ mek di mɛmba dɛn no, dis bin mek Mista Ramezani vɛks; I chenj di lɔk na di domɔt na di yad, we a shovel misɛf ɛn plant am wit flawa dɛn, so dat a nɔ go ebul fɔ go insay di yad fɔ wata di gadin; Di domɔt fɔ mi ɔfis lɔk ɛn a bin gɛt fɔ opin nyu domɔt fɔ mi ɔfis frɔm di kɔlol. Di domɔt we de go insay di klab frɔm di kɔridɔ, dɛn lɔk am bak frɔm biɛn.

Na bin tɛm fɔ pik nyu bɔd ɔf dayrɛktɔ dɛn. Mista Ramezani bin aks sɔm pipul dɛn fɔ pripia di inviteshɔn dɛn. Dɛn bin de rayt inviteshɔn dɛn ɛn put dɛn insay ɛnvilɔp. Mista Ramezani bin kɛr dɛn ɛnvilɔp ya go na in os fɔ stamp ɛn post dɛn, bɔt dɛn nɔ bin ivin post wan pan dɛn, so dat nɔbɔdi nɔ bin de

pan di mɛmba dɛn na di kɔngrigeshɔn bin no bɔt di ilɛkshɔn fɔ di nyu bɔd ɔf dayrɛktɔ dɛn. Insay dɛn tɛm ya, Mista Ramezani bin dɔn gɛda ɔl di mɛmba dɛn dɔkyumɛnt dɛn ɛn kɛr dɛn go na in os. I bin dɔn ɔda Mista Mostaan fɔ nɔ tek ɛnibɔdi as mɛmba. Dis na big kraym. Sombodi aks Mista Ramezani se wan speshal jentlman wan bi memba, wetin mek yu no aksept? Ɛn i ansa se: “A nɔ bin lɛk aw i luk.” No dikteta na di wɔl nɔ rɛdi fɔ gi dis kayn rud ansa. Na in os, Mista Ramezani invayt in padi dɛn, pipul dɛn we i sabi, neba dɛn, fambul dɛn, ɛn ɔda pipul dɛn fɔ kam na di gɛda ɛn gi ɛni wan pan dɛn mɛmbaship kad so dat dɛn go go insay di klab ɛn vot fɔ am di de we di ilɛkshɔn de.

Na di de we dɛn dɔn pik fɔ di ilɛkshɔn, Mista Ramezani de go insay di klab wit wan grup we de mek lɛk se dɛn de it raw it ɛn di tɛks fɔ nyu kɔnstityushɔn, wit nyu nem, wit nyu sɛnta ɛn wit nyu filɔsofi, we Mista Ramezani pas na in os wit wan "sikrit" vot nɔmɔ . I introduks wan grup fɔ dɔktɔ ɛn ɔda pipul dɛn we insɛf bin dɔn pik bay "sikrit" vot ɛn se: "Ɛnibɔdi we gri, es in an." Bɔku mɛsenja dɛn es dɛn an ɔp wit sɔprayz ɛn Mista.
Ramezani anɔys se: "Dɛn bin gri fɔ am." Som rial memba dem fo di klab, protest. A enta di klab from mai haus and a announce se dem don dinai Mista Ramezani fo bi memba fo di komyuniti fo long taim, so im no get rait fo vot no get rait fo pik and pik am. Dis ilɛkshɔn nɔ de akɔdin to lɔ ɛn na fek. Mista Ramezani bin rejista dis ilɛkshɔn ɛn wi nɔ bin protɛst bikɔs dis nyu asosieshɔn nɔ gɛt ɛnitin fɔ du wit wi yon. Dis na nyu kɔmyuniti wit nyu nem, wit nyu rizin, wit nyu ples, wit nyu kɔnstityushɔn, wit nyu buk, wit nyu faunda ɛn sɛktri. Ɔlman fri fɔ pik wan gol fɔ insɛf, gɛda sɔm pipul dɛn we gɛt di sem maynd rawnd am, mek wan sosayti ɛn rɛjista am; Bɔt insay istri, dɛn nɔ si se wan ilɛgal grup de kam insay di pipul dɛn we de agens am, ɔganayz lay lay ilɛkshɔn fɔ insɛf, pul di men pipul dɛn we mek di kɔmyuniti, ɛn tek ɔl di prɔpati dɛn we di ɔrijinal pipul dɛn gɛt. Dis tan lɛk if di ɛnimi kam rawnd wan siti, sɔm pipul dɛn we de na di siti opin di get ɛn gi di siti to di ɛnimi. Di sosayti we de it raw de agens di rɔng tin we dɔktɔ dɛn de du. Atikul 17 na di Kɔnstityushɔn se: “Tru raw vegan nɔ de ɛva.”

sik ɛn nɔ nid mɛrɛsin ɛn prosidur."
Fɔ tɔk bɔt aksidɛnt ɛn krash, wi de tren raw vegan sajin dɛm we go ɔpreshɔn we nɔ gɛt antibayɔtik, we nɔ gɛt sɛrum ɛn we nɔ gɛt animal prɔtin.

Dem tel mi "wetin mek yu no gri wit dis dokta dem we raw." pipul we de it ɛn tɔk bɔt raw it?" I nɔto tru. Dɔktɔ Majdi tɛl pipul dɛn se: "Sɔntɛnde yu kin it am kuk, prɔblɛm nɔ de." Ɛn i de it insɛf, Dɔktɔ Nawab biliv se raw it fɔ bigin smɔl smɔl.
Frɔm di we aw Dɔktɔ Rashti (wan pan di nyu bɔd mɛmba dɛn) luk ɛn luk, wi kin ɔndastand se i nɔto raw vegan. Dɛn dɔktɔ ya dɔn mek di raw fud klab bi di sɛnta fɔ advatayz ɛn gɛda kɔstɔma dɛn fɔ dɛn ɔfis fɔ mek dɛn gɛt nem. Dr. Nawab don bi di chiaman fo di bod of dairekta, wetin im prezidensi go bi? Jɔs se i de tɔk bɔt prɔtin ɛn vaytamɛn fɔ wan awa insay di wik ɛn na dat? Di prɛsidɛnt fɔ de bifo pan di tin dɛn we de apin na di klab.

A de wanda aw Dr. Majdi, Dr. Nawab, Dr. Rashti en oda bod memba dɛm we Mista Ramezani pik, ilɛksɛf dɛn de agens mi filɔsofi, aw dɛn gri fɔ tek pat pan dis fek ilɛkshɔn wit dis shemful stej ɛn pul Hovannessian, di faunda ɛn pɔrmanent sɛktri fɔ di asosieshɔn? Dɛn tek di klab in ples, dɛn tek di klab we a mek ɛn manej fɔ siks ia kɔmɔt na mi an, ɛn dɛn fos fɔ tek di klab wit ɔl in ikwipmɛnt ɛn fasiliti dɛn. Wi asosieshɔn nɔ nid "sayntis" lekchɔ. We wi aksept nature in komand "nɔ it tin we dɛn kuk, nɔ it di animal dɛm, it raw vegan it lɛk aw yu lɛk ɛn ɛnitin we yu lɛk." Wi nɔ nid fɔ yɛri ɛni ɔda tin.

Mista Ramezani imajin insɛf as sayɛnsman. We di raw it pipul dɛn de rawnd mi ɛn aks kwɛstyɔn, Mista Ramezani de kam insay di tɔk ɛn tɔk bɔt glukɔs ɛn glukojen. Wan de, we dɛn bin de agyu, Mista Kayhani bigin fɔ swɛ mi. I es in an ɛn ala fayv ɔ siks tɛm se: “Amɛnian, Aminian, Aminian.” I tan lɛk se Amɛnian na wan kayn swɛ! A proud fɔ bi Amɛnian ɛn proud fɔ bi Aryan ɛn liv na Pashia. Di pipul dɛn we kɔmɔt na Pashia nɔ ɛva trit di pipul dɛn na Aminia bad ɛn dɛn bin de ɛnjɔy dɛn rɛspɛkt ɔltɛm. Fɔ mek neshɔn dɛn et na wan pan di tin dɛn we bad pas ɔl. Na di sem tin bin apin wan

de we dɛn bin de gɛt bɔd mitin, we dɛn bin de agyu, Dɔktɔ Kaar bin lɔs in kɔmpɔzishɔn fɔ smɔl tɛm ɛn bigin fɔ swɛ pan mi se na pipul dɛn mɔt nɔmɔ a dɔn yɛri na strit na mi layf. A bin sidɔm kwayɛt wan, de wach wit sɔprayz aw dis pɔsin we dɛn rɛspɛkt bin lɔs insɛf ɛn nɔ ɔndastand wetin i de tɔk. I slam in an dɛn na di tebul ɛn se: "Yu go ɔp ɛn sidɔm na yu rum, na wi yon ya, nɔto yu yon." Bikɔs insay di tɛm we dɔn pas, i bin dɔn rigrɛt di we aw i de biev ɛn ɔg mi, kis mi ɛn aks fɔ padi, a fɔgiv am; Bɔt di sɛkɔn tɛm i bin kɔmɔt na di say we i nɔ bin ebul fɔ du am kpatakpata. Wi bin gɛt fɔ drɛb am togɛda wit Mista Azdanlou, nɔto jɔs frɔm di bɔd ɔf dayrɛktɔ dɛn, bɔt bak frɔm di mɛmbaship na di asosieshɔn.

Fɔ mek a vɛks, Mista Ramezani nɔ pe mi rent fɔ fayv mɔnt dɛn. Wan de i bɔs krayzi insay di klab ɛn we i si mi de tɔk to sɔm pipul dɛn bɔt raw-it, i ala "Get out of here." Dɔn i tɛl di wokman we i jɔs tek fɔ wok fɔ se: “Trɔw dis.” Dis wokman insɛf push mi ɛn trowe mi kɔmɔt na di stej na di domɔt we de go insay, ɛn a fɔdɔm na grɔn ɛn mi ed bang wan motoka ɛn a wund. If a nɔto bin raw foodist, a fɔ dɔn gɛt strok. Wi go na di polis steshɔn ɛn frɔm de to di mɛdikal ɛgzaminɛta, dis wokman bin want fɔ pul insɛf kɔmɔt pan pɔsin ɛn i ripit lawd wan se: "Aterhov se if yu tɔch di tebul, yu go lɔs yu wet." I bin dɔn lan bɔku tin frɔm raw-it! Mista Ramezani bin want fɔ sho sɔm pepa dɛn bak to di invɛstigatɔ, bɔt di invɛstigatɔ push dɛn bak. Fɔ tru, Mista. Ramezani bin want fɔ sho in fambul kɔnstityushɔn ɛn pruv se na in na di sɛktri fɔ di kɔmyuniti ɛn na mi na di pɔsin we de mek trɔbul. Wetin a go ebul fɔ du na ya? A fɔgiv ɛn kɔmɔt na do; Yu tink se dis na bin di las tin we dɛn bin sho na kɔmɛdi ɔ bad bad tin? A nɔ no; Mista Ramezani fɔ ansa. I bin de trɛtin mi bɔku tɛm se i go du sɔntin fɔ fos mi fɔ rɔnawe kɔmɔt na Pashia nekɛd! Sɔntɛm na in kɔstɔm bikɔs i gɛt fɔ pe in layf to mi filɔsofi. Dis na wan kayn tɛnki bak. We dɛn aks am se: "Den usay Aterhov de?" I ansa se: "I de agens sayɛns." Na ya a de deklare se ɛni bad tin we go ambɔg mi layf ɛn prɔpati na frɔm am (ɔ di sem penetrating agents).

Selfishness and unwise grudge de draiv som pipul to di point we dat mai fon buk we get di nem of ol di memba dem

bin rɛjista ɛn tu fɔlda dɛn we ful-ɔp wit Inglish mɛyl (lɛk wan tawzin) nɔ de na mi ɔfis. A nɔ go ebul fɔ se udat in wok dis wikɛd ɛn nɔ fit akt kin bi, bɔt a no dis bɔku se na di wok we pɔsin we want fɔ mek kɔntakt wit di wan dɛn we de fala raw veganism ɛn abiuz dɛn. I klia se di pɔsin we tif dɛn nɔ go ebul fɔ yuz dɛn na pɔblik. Ɛnibɔdi we du dis, du am bikɔs i nɔ no natin. A de fɔgiv ɛn aks se if i fil smɔl mɔtalman na in at, afta i dɔn gɛt in minin frɔm dɛn, post dɛn lɛta ya bak to mi; bikɔs dɛn lɛta ya go rili impɔtant ɛn valyu fɔ mi ɛn fɔ di istri bɔt raw veganism tumara bambay.

Naw we a nɔ de go na di klab, di pipul dɛn we dɛn trit kin kam na di sɛkɔn flɔ na mi vilej fɔ tɛl tɛnki ɛn fɔ gɛt infɔmeshɔn ɛn bay buk. Wi bin mek wan kɔmyuniti wit wan filɔsofi we dɛn rayt na di buk we de tɔk bɔt raw it. Ɛnibɔdi we nɔ tek dis buk nɔ go ebul fɔ bi mɛmba na dis kɔmyuniti. Dɔktɔ dɛn we want fɔ bi mɛmba na di raw vegans asosieshɔn, fɔ lɔk dɛn ɔfis ɛn nɔ rayt prɛskrishɔn ɔ pɔyzin to di sik pipul dɛn, bɔt dɛn na dɔktɔ afta ɔl ɛn dɛn nɔ go ebul fɔ giv ɔp dɛn rɔng no kpatakpata, ɛn if dɛn du am, dɛn nɔ gɛt natin fɔ du du ɛn nɔ gɛt natin fɔ tɔk. Dɛn kin gi lɛkshɔn na wi klab bɔt vaytamɛn, prɔtin ɛn prɔpati dɛn we plant dɛn gɛt. Dɛn wɔd ya na jɔs nɔs, lay lay stori, fantasi ɛn fɔ mek tin dɛn. Fɔs, dɛn bin de gi lɛkshɔn tri tɛm insay di wik, leta wan de insay di wik ɛn fɔ wan awa nɔmɔ. I nɔ go te igen pipul dɛn go taya fɔ yɛri dɛn wɔd ya ɛn dɛn go dɔn wit wɔd, wetin dɛn go du nɛks? Aw bɔku dɛn go ful pipul dɛn?

Afta ɔl, if wan de, Ramezani dip in stɔdi ɛn aksept in mistek, giv ɔp mɛdikal sayɛns, go ~~bak to~~ nature ɛn put insɛf ɔnda di lɔ dɛm fɔ nature, wi opin fɔ aksept am ɛn a go ignore wetin hadship dɛn dɔn du to mi; No grudge nɔ de na di ethics fɔ tru raw vegans, wi na fɔgiva.

Raw-Veganism de tinap ay pasmak

pas ɔl di rivɔlɔshɔn dɛn we dɔn apin na di istri

Mis Astrie wit wan grup we gɛt raw-vegan pikin dɛn we kɔmɔt na di ɔfɛnej



Wan grup we gɛt raw-vegan pikin dɛn na di Nancy Ana Zabler ɔfɛnej na Ɔstrelia



Arshavir Tɛr Hovanɛnsian



Wan ɛgzampul fɔ tru tru mɔtalman, di wan we bigin fɔ mek nyu wɔl we nɔ gɛt sik,
po, angri, wɔ ɛn kil, ɛgzampul fɔ wan kɔmplit raw vegan we bin de insay di 20th sɛntinari, Anahit, di 20
wan ia ol gyal pikin fɔ Aterhov, we nɔ ɛva it wan smɔl tin we dɛn kuk ɛn nɔ ɛva tek ɛni drɔgs
ɔ vaysin.



Anahit we ol 15 ia (pikchɔ we gɛt kɔlɔ)

Logo fɔ di...
Tehran Raw- 2019.
Sosayti fɔ it



Anahit we ol 10 ia (pikchɔ we gɛt kɔlɔ)

Tehran – 1976, ɛn di ɔda wan dɛn

Arshavir Tɛr Ɔvanɛnsian, 1999. Tehran siti, Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

Tɛl: 828878

Di pɔsin we rayt di buk in sayn

Dear mothers, note well:

If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.

If the mother's milk is made from dead food, then it's poisonous for baby.

Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.

Accustoming a baby to dead food is one of the most terrible sins.

Raise your children like Anahit, healthy and happy.